

AUSTRALIAN

diabetic LIVING

HAILEY'S STORY

A SCARY T1
DIAGNOSIS AT
7 MONTHS OLD

PLUS

DIABETES DOLLARS

How to manage
your budget

HONEY MUSTARD CHICKEN

See page 66

Here's
TO YOUR

Summer health!

✓ DOPAMINE DETOX ✓ EASY MIDWEEK MEALS

✓ EXERCISE TO BEAT THE HEAT

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media

SMART MOVES
Why apps are good
for your health

YES, YOU CAN
Escape the binge
eating cycle

CHRISTMAS CLASSICS
A traditional lunch that
won't weigh you down



Michelle, diagnosed age 47



Jodie, diagnosed age 35



Gina, diagnosed age 65

**BUY
THE DIARY
THAT SAVES
LIVES**



Kim, diagnosed age 52



Oripa, diagnosed age 36

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BREAST CANCER TRIALS





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IMMEDIATE MEDIA

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JANUARY/FEBRUARY 2025

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OUR EXPERTS

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Diabetes educator

Rachel is the mum of a child with type 1, and also works at the Australian Diabetes Educators Association; adea.com.au.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg

Exercise physiologist & diabetes educator

Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay

Endocrinologist & bariatric physician

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.



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90

**NEXT
ISSUE
ON SALE
13 FEB**



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PHOTOGRAPHY IMMEDIATE MEDIA AND GETTY IMAGES

Loving the Summer life



Throw open the windows - summer is here and those warm breezes are such a balm to body and mind. I'm a pretty positive person by nature, but the warm weather really puts a pep in my step. Long days give me plenty of time to spend outdoors and lighter meals are naturally more appealing. For me, it's the time of year when I feel the healthiest.

And this issue is packed with ways to get the most from the season. Our food section is full of summer meals including delicious food on sticks for your next barbecue (page 24), lighter lunches that are perfect for sharing with a friend or two (page 40) and midweek meals designed to make life easy (page 62). And turn to page 53 for a traditional Christmas lunch that won't have anyone feel like they're missing out.

Cost of living concerns are affecting all of us at the moment and living with diabetes can be an additional and unwelcome burden. Turn to page 90 for Dr Kate Marsh's feature on how to manage - and potentially reduce - the costs associated with diabetes. Thankfully, there are a number of health-related apps that you can access for free that can have a real and positive effect on your health - we looked into them in our feature starting on page 104. What are your favourite health apps? We'd love to hear about them!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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DiabeticLivingAU](https://facebook.com/DiabeticLivingAU)

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

diabetes australia

Coeliac Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

● **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.

● **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

● **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.

● **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.

● **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

● **Will I have to use insulin?** Yes, if



you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

● **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



IN 2020, TYPE 1 DIABETES COST

**\$2.9
BILLION**

in Australia, through healthcare costs, reduced wellbeing, lower employment and additional care

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■



YOUR healthy life

The latest global diabetes news

WHAT IS A 'BREAKFAST OF CHAMPIONS'?

According to recent research, the answer could depend on your gender – at least if you're trying to lose some weight. The

University of Waterloo study discovered that men's and women's metabolisms respond differently to different foods after an overnight fast. While men's metabolisms responded

better to breakfasts containing low-GI carbohydrates like rolled oats and grains, breakfasts with a higher percentage of a healthy fat, like eggs or avocado, were more effective for women's metabolisms. "We live busy lives, so it's important to understand how seemingly inconsequential decisions, such as what to have for breakfast, can affect our health and energy levels," says lead author of the study, Stephanie Abo.

"Whether attempting to lose weight, maintain weight or just keep up your energy, understanding your diet's impact on your metabolism is important."





Q: I was diagnosed with type 2 diabetes more than five years ago and while the first year was a challenge, my doctor has been pretty happy with my HbA1c results ever since. I've never exercised regularly – I don't enjoy it and can never find the time. Why would becoming active help my diabetes above and beyond what I'm already doing?

Drew says: If you're living with type 2 diabetes or insulin resistance, exercise is your best friend. The action of contracting your muscles opens the glucose gateways of your muscle cells which means glucose can exit your bloodstream without an insulin requirement. This physiological phenomenon goes by several names such as non-insulin mediated glucose uptake or contraction-mediated glucose uptake.

Think of your muscles like sponges that can soak up excess glucose from the bloodstream. A muscle that hasn't been used in a long time is like a wet sponge, incapable of soaking up glucose. A muscle that is regularly used is like a dry sponge, primed and ready to

soak up glucose. Plus, exercise improves insulin sensitivity which means that the insulin you produce or administer will work better!

There are many ways to open your glucose gateways with exercise. Whether you perform structured exercise like a circuit in the gym, play a sport like tennis or golf, go for brisk walks after meals or dance around to your favourite songs, any movement that stimulates repeated muscular contractions will benefit your diabetes management.

Learn about Drew's new insulin pen needles, which are available on the NDSS, by visiting drewsdailydose.com/diabetesproducts

Drew Harrisberg, Exercise Physiologist



IT'S TIME TO 'THINK PHARMACY FIRST'

The latest data shows that 40 per cent of people in Australia wait an unacceptable length of time to see their GP, with one in 10 of us waiting more than three weeks for an appointment. This jumps to one in five in regional Australia. As a result, the Pharmacy Guild of Australia is urging people to 'think pharmacy first' for the treatment of everyday health conditions, with pharmacists across the country upskilling to deliver more for patients, including being able to issue prescriptions and advice for minor ailments like earaches, skin conditions and UTIs. "We are putting our hands up to do more, to take the pressure off GPs and, more importantly, to keep Australians out of emergency departments," says the Guild's National President, Professor Trent Twomey. "With pharmacy playing a more versatile role in the healthcare system, Australians with more serious conditions can be seen by their GP faster, when they need it most."

THE NEXT TIME YOU HAVE YOUR BLOOD PRESSURE MEASURED...

Make sure your arm is in a 'good' position, after researchers from Johns Hopkins Medicine discovered that some common arm positions used during blood pressure readings can substantially overestimate test results – sometimes by nearly 7mmHg for the systolic or top reading. So what's considered 'good'? While allowing your 'cuffed arm' to hang unsupported by your side or supporting it with your lap during the reading seems to produce overestimated results, supporting your arm firmly by using a desk or another surface while your blood pressure is measured delivers the most accurate results.



Q: Up until now, I've been managing my type 2 diabetes with exercise and dietary changes but my doctor has just prescribed a glucose-lowering medication because what I've been doing is no longer working. Are there any new dietary rules or suggestions I should consider now that I'm taking medication?

Kate says: It's great that you've already incorporated dietary changes and regular exercise into your routine, and these will continue to be important as you begin taking medication. The same general dietary recommendations still apply when you start taking glucose-lowering meds, but there might be other things to think about, too, depending on the specific medication you're taking. This may include managing the timing of your meals in relation to your medication and maintaining a consistent intake of carbohydrate from day-to-day. Some medications can also have interactions with alcohol, which may be a consideration if you drink.

If you haven't seen a dietitian before, now would also be a good time to consider it. They can support you in understanding the relationship between food and your medication and can also work with you to develop an eating plan to help manage your blood glucose levels and address any other health concerns you might have.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator



ARE YOU GETTING TOO MUCH VITAMIN B6?

You might automatically associate the words 'peripheral neuropathy' with diabetes, but excess levels of vitamin B6 have also been linked to the condition, which causes symptoms such as tingling, burning or numbness in the hands and feet. As a result, the Royal College of Pathologists of Australasia (RCPA) has warned about the potential dangers of excessive consumption of the vitamin. "Many people may unknowingly consume high doses of vitamin B6 by taking multiple supplements," says Dr David Kanowski, a chemical pathologist at Sullivan Nicolaides Pathology in Brisbane. For example, in addition to being included in 'multi B' supplements, B6 – often labelled as pyridoxine hydrochloride – is often included in magnesium supplements, too. "A patient taking two magnesium tablets per day could be unintentionally consuming 120mg of vitamin B6, far exceeding the recommended daily intake (RDI) for adults in Australia and New Zealand," says Dr Kanowski. The RDI for vitamin B6 is 1.3-2mg, with a maximum of 50mg per day. "It's crucial for people to read the labels of their supplements to ensure they are not inadvertently taking high doses of vitamin B6."



Game-changing clinical trials network announced

A ground-breaking new diabetes research initiative, which aims to improve outcomes for people living with diabetes, was recently announced in Australia. Called the Australian Diabetes Clinical Trials Network, it's a collaboration between Diabetes Australia and the Australian Centre for Accelerating Diabetes Innovation and is designed to increase the number of diabetes clinical trials in Australia. "Clinical trials ensure that new treatments deliver real benefits to people, while also identifying any potential risks or side effects," said Diabetes Australia Group CEO Justine Cain when the announcement was made. "Our new network will increase the number of diabetes clinical trials being funded and conducted in Australia. This will make a huge difference in the lives of people living with diabetes because it means new and innovative treatments and interventions can be tested and hopefully become available."



DIABETES AND YOUR BRAIN: THERE'S GOOD AND BAD NEWS

Recent research out of Sweden's Karolinska Institutet suggests that both prediabetes and type 2 diabetes are associated with accelerated brain ageing, but in better news, there are steps you can take to counteract the effect. The study found that those living with prediabetes and diabetes had brains that were up to 2.3 years older than their chronological age, which is considered an early warning sign for dementia. Plus, the brains of people with diabetes who had persistently high blood glucose levels, were more than four years older than their actual age. "On the positive side, it seems that people with diabetes may be able to influence their brain health through healthy living," says the study's lead author, Abigail Dove, with 'healthy living' including not smoking, doing lots of physical activity and keeping alcohol intake to a minimum.

33%

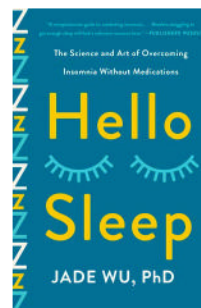
That's how much your productivity will improve by if you take a simple 15-minute exercise break at work. The ASICS' global State of Mind study which uncovered the statistic also found that after just two hours of continuous desk work, people's mental health scores drop and after four hours of uninterrupted desk time, stress levels increase by 18 per cent. Enjoying 15 minutes of movement was found to help reverse those effects, too.



Cook Ahead

By Justine Schofield
Plum, \$39.99

The humble freezer is the unsung hero of every home kitchen and this cookbook will help you make the most of yours, saving you time and money in the process. It features 90 freezer-friendly recipes to suit every budget and covers everything from weeknight meals to basic sauces, marinades and side dishes. You'll also discover everything you need to know about freezing, including storage and labelling tips as well as rules for safe thawing and reheating.



Hello Sleep

By Jade Wu

St. Martin's Essentials, \$36.99

Written for the tired but wired people who just want sleep to be easy, this is a practical and compassionate guide to repairing your relationship with sleep. Internationally recognised behavioural sleep medicine specialist Dr Wu explains the science of how the brain sleeps – or doesn't – and shares stories from her clinic, detailing other people's journeys to better sleep. There's also a step-by-step program, crafted by Dr Wu, for overcoming insomnia without medication.

your healthy life



Q: Seeing a podiatrist is an expense I can't really afford right now – plus, I really dislike having my feet touched! I've had my feet checked a few times since being diagnosed with diabetes in 2010 and have never been diagnosed with neuropathy or any other type of foot problem – do I really need to see a podiatrist regularly or can I skip it?

Danielle says: Preventing diabetes-related foot complications is very important and while you may not have developed any of the risk factors to date, it is important that all people with diabetes undergo at least a yearly foot screening to help detect risk factors early. This is even more significant the longer the duration of diabetes. It is very hard to know if you have developed foot risk factors as they can go unnoticed and can be pain free.

Foot screening is best done by a podiatrist but if this is not achievable due to financial or other reasons, then it can be performed by any trained health care

professional such as your GP, nurse or diabetes educator when you see them next. It may be helpful to ask your GP to establish a GP management plan to help you access podiatry and other preventive health care through the assistance of a Team Care Arrangement. Prevention of problems is a joint effort between you and your healthcare team and is a great investment in your health and wellbeing. The health of your feet is integral to your mobility and quality of life.

Danielle Veldhoen, podiatrist

ON THE HORIZON

In the future your skin tone could be used to personalise your prescriptions, after researchers from the University of California discovered that skin pigmentation acts as a 'sponge' for some medications, potentially influencing how quickly active ingredients do or don't work. "Our review paper concludes that melanin, the pigment responsible for skin colour, shows surprising affinity for certain drug compounds," says Simon Groen, a co-author of the study. For example, the research found that nicotine may be one of the active ingredients that's impacted, which raises questions about how effective nicotine patches may be for helping people to quit smoking, depending on their skin tone. The researchers are calling for skin pigmentation to be considered as a factor in both safety and dosing estimates for certain medications in future.



THINK IT'S A SCAM? WHAT DOES YOUR GUT SAY?

More than 600,000 scam reports are made in Australia every year, and a new US study suggests tuning into the body's signals can help older adults become better at detecting them. The researchers say it means your 'gut instinct' may be realer than you think, finding that people who were more attuned to their body's physical signals were better at spotting phishing emails. "We see that it's helpful to listen to these inner signals, and we think it's something that we could train in people to help them detect scams better," said senior author of the study, Natalie Ebner from the University of Florida. Learn more about how to protect yourself from scams at scamwatch.gov.au and cyber.gov.au.

WORDS KAREN FITTALL PHOTOGRAPHY AND ILLUSTRATIONS GETTY IMAGES

HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...



DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit diabetesaustralia.com.au.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS)

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit ndss.com.au or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to adea.com.au to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to jdrf.org.au to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit footforward.org.au

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit keepsight.org.au

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to mydesmondaustralia.com.au to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit ndis.gov.au or call **1800 800 110** for more information.



5 DAYS DINNERS

HOW OUR
FOOD WORKS
FOR YOU
see page 88

Five satisfying weeknight meals, already sorted
for you with this collection of nutritious recipes



MONDAY

Sumac turkey
stuffed pitas

Recipe, page 18

TUESDAY

GF

LC

QUICK STEAK WITH PEPERONATA

PREP 15 MINS COOK 25 MINS SERVES 2 (AS A MAIN)

250g lean rump steak, trimmed of fat
Freshly ground black pepper
2 tsp olive oil
3 red, yellow or orange capsicum, sliced
½ red onion, thinly sliced
3 cloves garlic, thinly sliced
200g tomatoes, roughly chopped
2 tsp red wine vinegar
Pinch of caster sugar
Small handful of basil, leaves picked and stems finely chopped

1 Season the steak with pepper. Set aside. Heat the oil in a small non-stick frying pan over medium-high heat. Add the steak and cook for 2-3 minutes each side (depending on the thickness) until medium-rare or cooked to your liking. Transfer to a plate, cover loosely with foil and set aside for 5 minutes to rest.

2 Meanwhile, add the capsicums and onion to a medium pan. Cook, stirring often, for 5-7 minutes or until the capsicum softens and caramelises slightly. Add the garlic and cook, stirring, for 1 minute. Add the tomatoes, vinegar, a pinch of

sugar and the basil stems. Cook, stirring occasionally, for 8-10 minutes or until the tomatoes have broken down and released their juices. Stir in most of the basil leaves.

3 Slice the steak across the grain. Serve with the peperonata and remaining basil leaves.

NUTRITIONAL INFO

PER SERVE 1370kJ (328Cal), protein 33g, total fat 11g (sat. fat 3g), carbs 18g, fibre 11g, sodium 79mg • Carb exchanges 1
• GI estimate low • Gluten free
• Lower carb



WEDNESDAY

Olive, cauliflower
& harissa pasta
Recipe, page 20



GFO LCO

SUMAC TURKEY STUFFED PITAS

PREP 15 MINS COOK 10 MINS SERVES 2 (AS A MAIN)

250g turkey breast mince
1 tsp ground sumac
1 tsp ground cumin
1 clove garlic, crushed
Zest & juice 1 lemon
Freshly ground black pepper
1 tbsp olive oil
¼ (150g) white cabbage, finely sliced
1 bunch mint, leaves picked and chopped
½ red onion, finely sliced
½ cucumber, deseeded and chopped
3 tbsp pomegranate seeds or 1½ tbsp Ocean Spray
50% less sugar raisins
2 x 65g pitas or gluten-free pita, toasted
4 tbsp reduced-fat Greek natural yoghurt, to serve

1 Put the mince, sumac, cumin, garlic and lemon zest in a bowl. Season with pepper. Use clean hands to mix until well combined. Form into 10 small balls.

2 Heat the oil in a medium non-stick frying pan over medium heat. Add the meatballs and cook, shaking the pan now and then, for 8-10 minutes or until browned and cooked through.

3 Combine the cabbage, mint, onion, cucumber, pomegranate seeds and lemon juice in a bowl. Season with pepper.

4 Stuff the slaw and meatballs into the pitas and serve with the yoghurt.

NUTRITIONAL INFO

PER SERVE 2360kJ (565Cal), protein 34g, total fat 24g (sat. fat 6g), carbs 46g, fibre 10g, sodium 640mg • Carb exchanges 3
• GI estimate medium • Gluten-free option

LOWER-CARB OPTION

Swap the pita breads for 2 low carb wraps, such as Simson's Pantry Keto Wraps.

NUTRITIONAL INFO

PER SERVE 2050kJ (490Cal), protein 37g, total fat 28g (sat. fat 7g), carbs 14g, fibre 16g, sodium 483mg • Carb exchanges 1
• GI estimate low • Lower carb

GFO LC

SALMON, POTATO & DILL SALAD

PREP 15 MINS COOK 15 MINS SERVES 2 (AS A MAIN)

200g baby Zerella Spud Lite potatoes
125g green beans, trimmed, halved
1 eschalot, finely chopped
1 tbsp red wine vinegar
1 tbsp olive oil
2 tsp Dijon mustard or gluten-free mustard
Small handful of dill, finely chopped
3 pickled baby cucumbers, sliced
Freshly ground black pepper
200g hot-smoked salmon, skin removed, flaked
100g picked watercress or baby spinach leaves

1 Cook the potatoes in a medium saucepan of boiling water for 12-15 minutes, or until tender enough to be easily pierced with a sharp knife, adding the green beans for the final 3 minutes of cooking. Drain well for and set aside for 5 minutes.

2 Combine the eschalot, vinegar, oil, mustard, dill and pickled cucumbers in a small bowl. Season well with pepper. Set aside.

3 Halve the potatoes and gently toss with the green beans, dressing, watercress and salmon. Divide the potato salad between two plates and drizzle over any remaining dressing. Serve.

NUTRITIONAL INFO

PER SERVE 1570kJ (376Cal), protein 26g, total fat 18g (sat. fat 2g), carbs 23g, fibre 6g, sodium 1050mg • Carb exchanges 1 ½
• GI estimate medium • Gluten-free option
• Lower carb

COOK'S TIP

For a change, swap the hot-smoked salmon with 2 x 125g cans John West Mackerel in olive oil.

THURSDAY

Salmon, potato &
dill salad

Recipe, opposite



GFO LCO

OLIVE, CAULIFLOWER & HARISSA PASTA

PREP 15 MINS **COOK** 25 MINS **SERVES** 2 (AS A MAIN)

1 tbsp olive oil
200g cauliflower, broken into small florets, stalks and leaves finely chopped
Freshly ground black pepper
1 tbsp tomato paste
200g cherry tomatoes, halved
2 cloves garlic, crushed
6 green olives, halved
2 tsp harissa paste
150g wholemeal pasta of your choice (such as pappardelle) or gluten-free pasta
Small handful of flat-leaf parsley, finely chopped

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the cauliflower florets, stalks and leaves. Season with pepper. Toss to combine. Cover and cook, stirring occasionally, 8-10 minutes or until lightly browned and softened.

2 Stir the tomato paste and tomatoes into the pan. Cover and cook for 5 minutes or until the tomatoes have burst. Add the garlic, olives and harissa. Cook, stirring often, for 2-3 minutes or until fragrant.

3 Meanwhile, cook the pasta in a large saucepan of boiling water following packet instructions. Drain, reserving a mugful of the water.

4 Stir the pasta and a splash of the reserved cooking water into the tomato mixture. Season with pepper. Scatter over the parsley and serve.

NUTRITIONAL INFO

PER SERVE 1710kJ (409Cal), **protein** 13g, **total fat** 14g (sat. fat 6g), **carbs** 52g, **fibre** 12g, **sodium** 367mg • **Carb exchanges** 3½ • **GI estimate** low
• **Gluten-free option**

LOWER-CARB OPTION

Replace the pappardelle with 200g Slender Soy Bean Fettuccine, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1130kJ (270Cal), **protein** 18g, **total fat** 15g (sat. fat 3g), **carbs** 10g, **fibre** 12g, **sodium** 365mg • **Carb exchanges** ½
• **GI estimate** low • **Gluten free** • **Lower carb**

GFO LC

SWEET CHILLI SALMON LETTUCE WRAPS

PREP 15 MINS **COOK** 15 MINS **SERVES** 2 (AS A MAIN)

2 tbsp Ayam Light Sweet Chilli Sauce or gluten-free sweet chilli sauce
Juice of 1 lime
2 tsp reduced-salt soy sauce or gluten-free soy sauce
2 x 150g skinless & boneless salmon fillets
1 carrot, finely sliced
½ daikon radish (white radish), halved and finely sliced (see Cook's tip)
100g radishes, finely sliced
Small handful coriander, finely chopped
Freshly ground black pepper
1 Little Gem lettuce, leaves separated

1 Preheat oven to 160°C (fan-forced). Line a baking tray with non-stick baking paper.

2 Combine the sweet chilli sauce with half the lime juice and half the soy sauce in a small bowl. Place the salmon fillets on the lined tray. Spoon over the chilli sauce mixture. Bake for 10 minutes.

3 Preheat grill to high. Place the salmon under the hot grill for the final 2-3 minutes or until cooked through and caramelised. Gently flake the salmon flesh by pressing down on it using the back of a fork.

4 Toss the carrot, daikon, radishes, coriander, remaining soy sauce and lime juice in a bowl. Season with pepper. Fill the lettuce leaves with the salad and flaked salmon. Serve.

NUTRITIONAL INFO

PER SERVE 1690kJ (404Cal), **protein** 35g, **total fat** 19g (sat. fat 6g), **carbs** 22g, **fibre** 6g, **sodium** 753mg • **Carb exchanges** 1½
• **GI estimate** low • **Gluten-free option**
• **Lower carb**

COOK'S TIP

If you can't get daikon radish, increase the regular radishes to 150g.



FRIDAY

Sweet chilli salmon
lettuce wraps
Recipe opposite

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?
Take inspiration from these tasty tips

FRUIT & VEGETABLES

HERBS Roughly chop herbs and add to salads, use on sandwiches or toss through pasta or rice salads or finely chop and use in dressings.

CHERRY TOMATOES Eat the remaining cherry tomatoes as a snack.

CUCUMBER Cut the remaining cucumber into sticks and eat as a snack.

POMEGRANATE Spoon out the remaining pomegranate seeds and toss with kiwifruit and strawberries for a quick and easy dessert.

RADISHES Cut into wedges and use in salads or munch on as a snack.

POTATOES: Use to make potato salad, roast potatoes and mash.

DAIKON RADISH Grate or shred and use in Japanese-style salads.

GROCERIES

BABY CUCUMBERS Finely chop and use in salad dressings, or slice and add into salads or on sandwiches.

OLIVES Use in salads, slice and use on pizza toppings.

HARISSA PASTE Use in marinades and dressings.

TOMATO PASTE Use in pasta sauces or to spread over pizza bases.

PITA BREAD Cut into wedges and bake in an oven preheated to 180°C (fan-forced) for 10-12 minutes or until crisp and golden. Serve as a snack or use as a dipper for healthy dips.

SWEET CHILLI SAUCE Use in dressings, sauces and stir-fries.

YOGHURT Serve the remaining yoghurt with fresh chopped fruit for a quick and easy breakfast and dessert. ■

SHOPPING LIST

FRUIT & VEGETABLES

- ☐ 1.5kg pkt Zerella Spud Lite Baby Potatoes
- ☐ 125g green beans
- ☐ 1 eschalot
- ☐ 1 bunch dill
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch mint
- ☐ 1 bunch basil
- ☐ 1 bunch coriander
- ☐ 100g picked watercress or baby spinach leaves
- ☐ 200g cauliflower
- ☐ 250g (1 punnet) cherry tomatoes
- ☐ 1 lemon
- ☐ ¼ (150g) white cabbage
- ☐ 1 red onion
- ☐ 1 cucumber
- ☐ 1 pomegranate
- ☐ 1 bunch radishes
- ☐ 1 daikon radish
- ☐ 1 carrot
- ☐ 3 red, yellow or orange capsicum
- ☐ 200g tomatoes
- ☐ 1 lime
- ☐ 1 Gem Lettuce

CHILLED

- ☐ 160g container reduced-fat Greek natural yoghurt
- ☐ 200g hot-smoked salmon

GROCERIES

- ☐ 350g jar pickled baby cucumbers
- ☐ 280g jar green olives
- ☐ 1 small tube harissa paste
- ☐ 400g jar tomato paste
- ☐ 500g wholemeal pasta
- ☐ 1 pkt (65g each) pita bread
- ☐ 285ml Ayam Light Sweet Chilli Sauce

MEAT & POULTRY

- ☐ 250g turkey breast mince
- ☐ 250g lean rump steak

SEAFOOD

- ☐ 2 x 150g skinless & boneless salmon fillets

PANTRY

- ☐ Red wine vinegar
- ☐ Olive oil
- ☐ Dijon mustard
- ☐ Black pepper
- ☐ Ground sumac
- ☐ Ground cumin
- ☐ 5 cloves garlic
- ☐ Salt-reduced soy sauce



**HOW OUR
FOOD WORKS
FOR YOU**
see page 88

'Indian takeaway'
seekh kebabs
Recipe, page 30

barbecue

Where there's smoke, there's flavour! Head outside and get grilling this summer with these vibrant recipes

FIRE UP THE bbq





Barbecue meatball subs
Recipe, opposite

GFO

BARBECUE MEATBALL SUBS**PREP** 25 MINS (+ 30 MINS CHILLING)**COOK** 40 MINS**SERVES** 6 (AS A MAIN)

250g extra-lean beef mince
 250g lean pork mince
 Small handful flat-leaf parsley,
 finely chopped
 1 tsp garlic granules
 2 tbsp fresh breadcrumbs or
 gluten-free breadcrumbs
 Freshly ground black pepper
 6 x 70g hot dog buns or gluten-free
 hot dog buns
 100g grated reduced-fat
 mozzarella or cheddar
 350g kale slaw, to serve

SAUCE

1 tbsp olive oil, plus extra, for
 brushing
 2 cloves garlic, crushed
 400g can no-added-salt chopped
 tomatoes
 2 tbsp reduced sugar-and-salt
 barbecue sauce or gluten-free
 barbecue sauce
 1 tsp dried oregano
 1 tsp caster sugar

1 Put the beef and pork mince in a bowl. Add the parsley, garlic granules and breadcrumbs. Season with pepper. Use your hands to make sure the ingredients are completely incorporated. Roll the mixture into 24 walnut-sized balls. Using six metal skewers, push four meatballs onto each skewer. Transfer to a plate, cover and put in the fridge for at least 30 minutes.

2 Meanwhile, to make the sauce, heat the oil in a medium saucepan over medium heat. Cook, stirring, for 30 seconds. Tip in the tomatoes, barbecue sauce, oregano and sugar. Season with pepper. Bring to a simmer. Reduce heat to low and simmer 15 minutes or until the sauce is thick and rich – you can add a splash of water if it starts to look too dry.

3 Preheat a barbecue grill or plate on medium-high. Brush the chilled meatball skewers with a little oil. Add to the grill and cook for 5-8 minutes on each side or until the meatballs are deep brown and sizzling. To check they're ready, cut one in half – there should be no pink meat left in the middle. Set aside and keep warm.

4 Spread some of the sauce into each bun, then lay a meatball skewer on top. Hold the bun in one hand and carefully pull out the skewer with the other. Top with any remaining sauce. Scatter a handful of the cheese over each bun, then return to the barbecue (putting them on the cooler side), close the lid and warm for a few minutes until the cheese has melted. Or, do this under a hot grill. Watch carefully to ensure they don't burn.

NUTRITIONAL INFO

PER SERVE 2030kJ (486Cal),
protein 34g, **total fat** 17g (sat. fat 5g), **carbs** 47g, **fibre** 7g, **sodium** 665mg • **Carb exchanges** 3½
 • **GI estimate** medium • **Gluten-free**
option

COOK'S TIP

- You can make the skewers and keep in the fridge for up to 1 day before cooking.
- Will keep chilled for up to a day.

**Turmeric fish kebabs
with pickled carrot &
radish salad**
Recipe, page 30





barbecue

GFO

'INDIAN TAKEAWAY' SEEKH KEBABS

PREP 30 MINS **COOK** 10 MINS
SERVES 6 (AS A MAIN)

450g lean lamb mince
2 long green chillies, finely chopped
3 tbsp finely chopped coriander stalks, plus the leaves to serve
4 cloves garlic, crushed
1 tsp ground ginger
¼ - ½ tsp ground chilli
1 tsp ground cumin
1 tsp garam masala
2 tsp cornflour or gluten-free cornflour
6 x 38g naan breads or gluten-free pita, to serve
1 large Lebanese cucumber, thinly sliced, to serve

PICKLED ONION

100ml cold water
2½ tbsp red wine vinegar
1 tbsp caster sugar
½ tsp salt
1 red onion, finely sliced

RAITA

350g reduced-fat Greek natural yoghurt
2-3 tbsp fresh lemon juice
Small handful mint leaves, finely chopped

1 To make the pickle, combine the water, vinegar, sugar and salt in a non-metallic bowl. Stir until the sugar and salt dissolve. Add the onion and set aside.

2 To make the raita, combine all the ingredients in a small bowl.

3 Preheat a barbecue grill on medium-high.

4 Meanwhile, combine the lamb, chillies, coriander, garlic, ground chilli, cumin, garam masala and cornflour in a large bowl. Use your hands to massage the meat,

kneading it for 5 minutes or until the texture is tacky. Form the mixture into six balls. Using dampened hands, roll each into a log shape and thread onto a metal skewer.

5 Put the kebabs on the barbecue and cook for 10 minutes, turning occasionally, or until cooked.

6 Sprinkle the coriander leaves over the skewers. Drain the pickles. Serve the pickled onion, raita, naan and cucumber slices with the kebabs.

NUTRITIONAL INFO

PER SERVE 1920kJ (459Cal),
protein 27g, **total fat** 15g (sat. fat 4g), **carbs** 50g, **fibre** 5g, **sodium** 960mg • **Carb exchanges** 3½
• **GI estimate** medium • **Gluten-free option**

GFO

GREEK SALAD AND FLATBREADS

PREP 25 MINS **COOK** 15 MINS
SERVES 6 (AS A MAIN)

150g (1 cup) self-raising flour or gluten-free self-raising flour
160g (1 cup) wholemeal self-raising flour or gluten-free self-raising flour
300g reduced-fat Greek yoghurt
1 large Lebanese cucumber, deseeded and chopped
250g cherry tomatoes, quartered
1 red onion, chopped
150g reduced-fat feta, crumbled
100g pitted Kalamata olives, sliced
Small handful flat-leaf parsley, chopped
Small handful mint, leaves picked and chopped
2 tbsp extra virgin olive oil
1 tbsp red wine vinegar

1 Combine the flours and yoghurt in a bowl until the mixture clumps together into a dough. Tip onto a lightly floured surface and knead briefly until smooth. Divide the dough into six equal pieces. Roll each one out into a rough oval, 3mm thickness. Cover with a clean tea towel while you repeat with the remaining dough, stacking the flatbreads with plenty of flour between them to prevent them from sticking together.

2 Put the cucumber, tomatoes, onion, feta, olives, parsley, mint, oil and vinegar in a bowl. Toss to combine. Season with pepper.

3 Heat a large barbecue grill or chargrill over medium-high heat. Add the flatbreads and cook for 2-3 minutes each side or until golden brown and charred in spots. Keep warm under a tea towel until ready to serve. Best eaten on the day. Serve with the salad.

NUTRITIONAL INFO

PER SERVE 1620kJ (388Cal),
protein 17g, **total fat** 15g (sat. fat 4g), **carbs** 42g, **fibre** 7g, **sodium** 958mg • **Carb exchanges** 3 • **GI estimate** high • **Gluten-free option**.

GF LCO

TURMERIC FISH KEBABS WITH PICKLED CARROT & RADISH SALAD

PREP 30 MINS (+ 30 MINS RESTING)
COOK 10 MINS
SERVES 6 (AS A MAIN)

2 tsp ground turmeric
¼-½ tsp ground chilli
1 tsp ground ginger
2 cloves garlic, crushed
4 tbsp olive oil
600g firm white boneless fish fillets, cut into large chunks

**Greek salad and
flatbreads**
Recipe, opposite



barbecue

1 large red capsicum, cut into large chunks
1 bunch basil, leaves picked
30g (¼ cup) roasted unsalted peanuts, finely chopped
1 red chilli, finely sliced
2 Little Gem lettuces, leaves separated, to serve
80g dry vermicelli rice noodles, prepared according to packet

PICKLED VEGETABLE SALAD

200ml cold water
150ml rice vinegar
1½ tbsp caster sugar
½ tsp salt
3 large carrots, grated or peeled into fine strips using a vegetable peeler
20 radishes, finely sliced
1-2 tsp fish sauce
Small handful dill, finely chopped

1 To make the pickled vegetable salad, combine the water, vinegar, sugar and salt in a jug. Stir to dissolve the sugar and salt. Put the vegetables in a non-metallic bowl and pour over the vinegar mixture. Stir well. Set aside for 30 minutes.

2 Meanwhile, combine the turmeric, ground chilli, ginger, garlic and oil in a bowl. Rub the spice paste over the fish and set aside for 30 minutes. Preheat barbecue grill on medium-high.

3 Drain the vegetables and return to the bowl. Stir in the fish sauce and dill and mix well.

4 Thread the fish onto six metal skewers, alternating with the capsicum. Add the skewers to the barbecue and cook for 7-10 minutes or until cooked through.

5 Divide the skewers between serving plates. Scatter over the basil, peanuts and chilli. Serve with

the pickled salad, lettuce and noodles.

NUTRITIONAL INFO

PER SERVE 1650kJ (395Cal), protein 25g, total fat 18g (sat. fat 3g), carbs 29g, fibre 7g, sodium 520mg • Carb exchanges 2 • GI estimate low • Gluten free

LOWER-CARB OPTION

Swap the red capsicum for a larger green capsicum, reduce quantity of dry noodles to 75g and just 1 tbsp sugar in the salad.

NUTRITIONAL INFO

PER SERVE 1590kJ (380Cal), protein 25g, total fat 17g (sat. fat 3g), carbs 25g, fibre 7g, sodium 520mg • Carb exchanges 1½ • GI estimate low • Gluten free • Lower carb



BBQ HALOUMI & CORN SALAD

PREP 15 MINS **COOK** 10 MINS
SERVES 4 (AS A MAIN)

1 red onion, chopped
1 large avocado, peeled, stoned, halved and chopped
200g cherry tomatoes, halved
Juice of 2 limes
2 tbsp extra virgin olive oil, plus extra, for brushing
Freshly ground black pepper

2 cobs corn, husk and silk removed
Pinch smoked paprika
200g salt-reduced haloumi, cut into cubes
1 bunch coriander, roughly chopped

1 Put the onion, avocado and cherry tomatoes on a large platter. Drizzle over the lime juice and oil. Season with pepper. Toss to combine and set aside.

2 Heat a barbecue grill on high. Brush the corn cobs with a little oil, then sprinkle over the paprika. Thread the haloumi onto metal skewers and add to the barbecue with the corn cobs. Cook until the haloumi is golden and the corn is lightly charred in spots. Set the corn aside to cool slightly.

3 Stand the cobs upright on a board, one by one, and carefully use a sharp knife to slice off the kernels. Add the corn to the salad with the haloumi. Toss to combine. Scatter over the coriander and toss again to combine. Serve straight away while still warm. Can be eaten at room temperature.

NUTRITIONAL INFO

PER SERVE 1770kJ (423Cal), protein 15g, total fat 31g (sat. fat 12g), carbs 16g, fibre 10g, sodium 532mg • Carb exchanges 1 • GI estimate low • Gluten free • Lower carb

NO BBQ? RAINING OUTSIDE? NO PROBLEM!

All of these recipes can be cooked in a large chargrill pan over medium-high heat. If you're using a chargrill pan, you may have to cook the skewers in batches. Keep the cooked items hot in a warm oven while you finish the rest.



BBQ haloumi &
corn salad
Recipe, opposite

THERMOMIX

everyday

These gorgeous, lunchbox-friendly recipes are from the popular *Thermomix Everyday Magazine*

GF LC

TM6 TM5 TM31

SUGAR-FREE STRAWBERRY PISTACHIO SLICE

PREP TIME 10 MIN

TOTAL TIME 20 MIN (+
REFRIGERATION)

MAKES 16 BARS

SERVES 16 (AS AN OCCASIONAL
DESSERT)

50 g monkfruit sweetener (see
Tips opposite)

200 g blanched almonds,
toasted

50 g shelled unsalted pistachios,
plus extra 1 tbsp, coarsely
chopped

100 g desiccated coconut

5 g freeze-dried strawberries,
plus extra for topping

50 g vanilla protein powder of
choice

1 tsp vanilla extract

70 g coconut oil

100 g protein white chocolate,
broken into pieces (see Tips
opposite)

KITCHEN EXTRAS

16 x 26 cm slice tin

STEP 1 Line base and sides of a 16 x 26 cm slice tin with baking paper and set aside.

STEP 2 Place sweetener into mixing bowl and mill 10 sec/speed 9.

STEP 3 Add almonds, pistachios, coconut, dried strawberries, protein powder, vanilla extract, 30 g water and 50 g of the coconut oil, then blend 15 sec/speed 8.

STEP 4 Scrape down sides of mixing bowl and blend for a further 15 sec/speed 8. Press mixture evenly and firmly into base of tin and refrigerate until set (approx. 20 min). Clean and dry mixing bowl.

STEP 5 Place chocolate and remaining 20 g coconut oil into mixing bowl, then chop 10 sec/speed 9.

STEP 6 Scrape down sides of mixing bowl, then heat 3 min/50°C/speed 2. Pour melted chocolate over base and scatter with extra chopped pistachios and dried strawberries. Refrigerate for 20 minutes or until set.

STEP 7 Cut into 16 bars (see Tips opposite).

NUTRITIONAL INFO

PER SERVE 924kJ (221Cal), **protein**

7g, **total fat** 20g (sat. fat 11g),

carbs 4g, **fibre** 2g, **sodium** 15mg •

Carb exchanges ½ • **GI estimate**

low • **Gluten free** • **Lower carb**

COOK'S TIP

• Monkfruit sweetener is a low-calorie, zero-carb sweetener.

• Protein white chocolate contains no-added sugar and includes whey protein. Both ingredients are available from supermarkets.

• Store in an airtight container in the fridge for up to 2 weeks, or freeze for up to 2 months.

BOOK EXTRACT

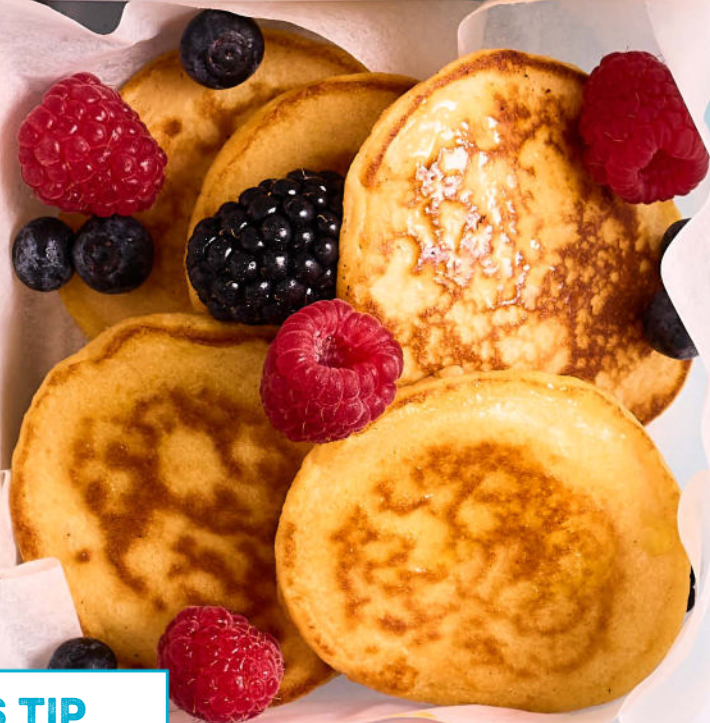
**Sugar-free
strawberry
pistachio slice**
*Recipe, page
opposite*

**HOW OUR
FOOD WORKS
FOR YOU**
see page 88



COOK'S TIP

- Grate your cheese in Thermomix®. Cut cheese into 3cm pieces and grate 5 sec/speed 5.
- Store DIY pizza pockets in the fridge for up to 3 days or freeze for 3 months. Thaw in the fridge overnight, then pack into lunchboxes.



COOK'S TIP

- Store pikelets in the fridge for up to 3 days or freeze for 3 months.

TM6 TM5 TM31

DIY PIZZA POCKETS

PREP TIME 30 MIN TOTAL TIME 50

MIN (+ PROVING) MAKES 14

SERVES 7 (2 POCKETS PER SERVE, AS A LIGHT LUNCH)

PIZZA DOUGH

1 tsp white sugar

2 tsp dried instant yeast

400 g baker's flour, plus extra to dust

30 g extra virgin olive oil

1 tsp sea salt

PIZZA POCKETS

20 g extra virgin olive oil, plus extra to brush

150 g vegetables (e.g. zucchini, carrot, capsicum, onion, spinach), quartered

2 garlic cloves

1 fresh tomato, quartered and deseeded

100 g tomato paste

1 tsp dried oregano

80 g sliced ham, cut into strips

60 g mozzarella, grated (see Tip)

50 g cheddar, grated (see Tip)

KITCHEN EXTRAS

Thermomix® Mat

PIZZA DOUGH

STEP 1 Place 220 g water, sugar and yeast into mixing bowl, then heat 2 min/37°C/speed 2.

STEP 2 Add flour, oil and salt, then knead dough /2 min. Transfer dough onto a Thermomix® Mat or lightly floured work surface and shape into a ball. Place in a bowl, cover and leave to prove until doubled in size (approx. 1 hour). Clean and dry mixing bowl.

PIZZA POCKETS

STEP 3 Preheat oven to 200°C.

STEP 4 Place oil, vegetables and garlic into mixing bowl, then chop

3 sec/speed 7. Scrape down sides of mixing bowl, then cook 6 min/120°C/speed 2.

STEP 5 Add tomato, tomato paste and oregano, then blend 5 sec/speed 8. Transfer to a bowl and set aside to cool slightly.

STEP 6 Divide dough into 14 equal portions (approx. 45 g each), then roll each out to a 10 cm round. Leaving a 3 cm border, spread 1½ tsp of tomato mixture onto each round. Top with a teaspoon each of ham and combined cheeses, then gently lift the sides of the dough and pinch edges together to seal. Place seam-side down onto a lined baking tray and brush with oil. Bake for 10–15 minutes until golden brown.

STEP 7 Pack into lunchboxes, or leave to cool before storing.

PREP AHEAD To save time, make the dough up to 3 days ahead, cover and refrigerate. Bring to room temperature before using. For a double batch, make two rounds of dough, then use Created Recipes on Cookidoo® to scale up the filling. Easy!

NUTRITIONAL INFO

PER SERVE 1560KJ (373Cal), **protein** 13g, **total fat** 14g (sat. fat 4g), **carbs** 46g, **fibre** 3g, **sodium** 652mg • **Carb exchanges** 3 • **GI estimate** high

TM6 TM5 TM31

SWEET POTATO PIKELETS

PREP TIME 10 MIN TOTAL TIME 45

MIN MAKES 28

SERVES 14 (2 PIKELETS PER SERVE, AS A SNACK)

300 g orange sweet potato, peeled and cut into 3 cm pieces

30 g unsalted butter

240 g plain flour

3 tsp baking powder

200 g milk

60 g pure maple syrup

3 eggs

160 g smooth ricotta

extra virgin olive oil spray

STEP 1 Place 500 g water into mixing bowl. Insert simmering basket, weigh sweet potato into it, then cook 16 min/120°C/speed 2 until tender.

STEP 2 Carefully remove simmering basket and set aside to drain. Discard cooking liquid.

STEP 3 Place butter and cooked sweet potato into mixing bowl and blend 10 sec/speed 5. Leave to cool in bowl for 5 minutes.

STEP 4 Add remaining ingredients and mix 30 sec/speed 4.

STEP 5 Spray a non-stick frying pan with oil and heat over medium heat. Working in batches, place heaped tablespoonfuls of batter into pan and cook for 2–3 minutes each side or until golden and cooked through. Transfer to a plate and cover to keep warm.

STEP 6 Pack pikelets into lunchboxes with berries or your choice of topping, or leave to cool before storing.

NUTRITIONAL INFO

PER SERVE 606KJ (145Cal), **protein** 5g, **total fat** 5g (sat. fat 3g), **carbs** 20g, **fibre** 1g, **sodium** 117mg • **Carb exchanges** 1½ • **GI estimate** medium

TM6 TM5 TM31 ABC MUFFINS

PREP TIME 10 MIN
TOTAL TIME 40 MIN
MAKES 12
SERVES 12 (AS A SNACK)

1 carrot (approx. 120 g), cut into pieces
1 Royal Gala apple, cored and cut into pieces
1 ripe banana (approx. 120 g), cut into pieces
170 g self-raising flour
50 g rolled oats
2 eggs
100 g maple syrup
100 g Greek-style yoghurt
50 g extra virgin olive oil
1 tsp vanilla extract
100 g nut-free granola or muesli of choice

KITCHEN EXTRAS

12-hole muffin tray, muffin wrap papers

STEP 1 Preheat oven to 200°C. Line a 12-hole regular muffin tray with muffin wrap papers and set aside.

STEP 2 Place carrot and apple into mixing bowl, then chop 5 sec/speed 6. Scrape down sides of bowl.

STEP 3 Add remaining ingredients, except granola, and mix 3 sec/speed 4.

STEP 4 Divide mixture evenly between prepared muffin tray holes (mixture will fill papers almost to the top). Top each muffin with 1 tbsp of granola and bake for 5 minutes. Reduce temperature to 180°C and bake for a further 20–25 minutes until golden and cooked through (a wooden skewer inserted into the centre of a muffin should come out clean). Leave to cool in tray for 2 minutes, then transfer muffins to a wire rack to cool.

STEP 5 Serve warm, or cool completely before storing.

NUTRITIONAL INFO

PER SERVE 825kJ (197Cal), **protein** 5g, **total fat** 7g (sat. fat 2g), **carbs** 27g, **fibre** 3g, **sodium** 131mg • **Carb exchanges** 2 • **GI estimate** medium

COOK'S TIP

• Store in an airtight container in the pantry for up to 3 days, or freeze for 3 months.

TM6 GF OUR FAVE TUNA SUSHI ROLLS

PREP TIME 10 MIN
TOTAL TIME 30 MIN (+ SOAKING)
MAKES 4 ROLLS / APPROX. 32 PIECES
SERVES 8 (AS A LIGHT LUNCH)

SUSHI RICE

400 g sushi rice
60 g rice wine vinegar
20 g caster sugar

FILLING

4 nori sheets
185 g can tuna, drained and flaked
2 tbsp Japanese (Kewpie) mayonnaise
1 Lebanese cucumber, cut lengthways into 1 cm thick strips
1 avocado, flesh only, sliced

KITCHEN EXTRAS
bamboo sushi mat

SUSHI RICE

STEP 1 Place a bowl onto mixing bowl lid and weigh rice into it. Cover with water and set aside to soak for 30 minutes.

STEP 2 Drain soaked rice and rinse until water runs clear. Place rice into mixing bowl, add 510g water and start Rice Cooker.

STEP 3 Add vinegar and sugar, then stir to combine. Transfer

cooked rice to a shallow bowl (see Tip) and set aside to cool, gently turning with a wooden spoon every 5 minutes or so until ready to use.

FILLING

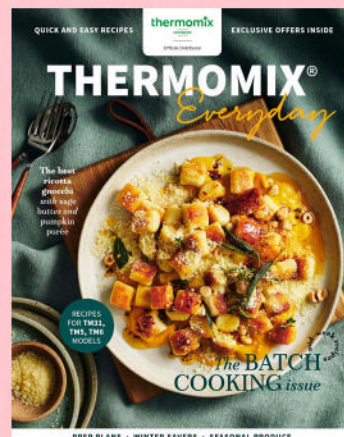
STEP 4 Working with 1 nori sheet at a time, place sheet shiny-side down onto a bamboo sushi rolling mat (the longer edge of the nori sheet should be closest to you). Cover the bottom third of the nori sheet with one-quarter of the cooled rice (approx. 1 cm high).

STEP 5 Place tuna and mayonnaise in a bowl and stir to combine. Place one-quarter of the tuna mixture, cucumber and avocado on top of the rice. Roll up, using the mat to help you. Using a finger dipped in water, brush along the far edge of the sheet to seal. Repeat with remaining ingredients.

STEP 6 Cut sushi rolls into slices and pack into lunchboxes, or store in the fridge.

NUTRITIONAL INFO

PER SERVE 1140kJ (273Cal), **protein** 9g, **total fat** 7g (sat. fat 1g), **carbs** 41g, **fibre** 3g, **sodium** 88mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten free**



Thermomix Everyday Issue 2 available for only \$12.99 from TheMixShop.com.au

BOOK EXTRACT

EASY PEASY

The secret to my stress-free school mornings? I roll my sushi, then wrap and refrigerate the night before. Lunchboxes are ready in seconds!

COOK'S TIP

• When mixing your sushi rice in step 3, use a wooden spoon and a glass bowl, as metals, other than stainless steel, can react with rice vinegar.

These lovely light lunches don't scrimp on flavour and can easily be scaled to serve more or less people

Creamy tomato
gnocchi
Recipe, page 42

LIGHTER
lunches

HOW OUR
FOOD WORKS
FOR YOU
see page 88

Turkish egg
flatbreads
Recipe, page 44



GFO

CREAMY TOMATO GNOCCHI

PREP 10 MINS COOK 15 MINS

SERVES 2 (AS A LIGHT MEAL)

- 2 tsp olive oil
- 1 small (300g) head broccoli, stalk and florets roughly chopped
- 1 red chilli, finely chopped, deseeded if you like
- 2 cloves garlic, finely sliced
- 200g cherry tomatoes, halved
- 220g chilled gnocchi or gluten-free gnocchi
- 2 tbsp Philadelphia Light Cream for Cooking
- Freshly ground black pepper
- Small handful of basil, leaves picked

1 Heat the oil in a large deep non-stick frying pan over medium heat. Add the broccoli and cook, stirring often, for 5 minutes or until golden brown. Add the chilli, garlic and tomatoes. Cook, stirring occasionally, for 5 minutes or until the tomatoes burst.

2 Add the gnocchi to the pan and cook, tossing, for 2-3 minutes until tender and hot. Stir in the cream cheese. Season with pepper. Scatter with basil leaves to serve.

NUTRITIONAL INFO

PER SERVE 1310kJ (313Cal), **protein** 13g, **total fat** 9g (sat. fat 3g), **carbs** 38g, **fibre** 11g, **sodium** 595mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**



GF

FENNEL, MINT & MANDARIN SALAD

PREP 20 MINS COOK 10 MINS

SERVES 3 (AS A LIGHT MEAL)

- 75g flat rice noodles
- ½ tsp caster sugar
- 1 clove garlic, finely chopped
- 1 tbsp fresh lime juice
- 2 tsp fish sauce
- 1½ tbsp olive oil
- 1 red chilli, finely sliced
- Freshly ground black pepper
- 1 small fennel bulb, finely sliced
- Small handful mint leaves, roughly chopped
- 2 mandarins, segmented
- 250g skinless cooked chicken breasts, shredded

1 Cook the noodles in a medium saucepan of boiling water, following packet directions. Drain and rinse under cold water. Set aside to drain again.

2 Combine the sugar, garlic, lime juice, fish sauce, oil, and chilli in a large bowl. Season with pepper. Add the fennel, mint, mandarins and noodles. Toss to combine. Stir through the shredded chicken.

NUTRITIONAL INFO

PER SERVE 1420kJ (340Cal), **protein** 23g, **total fat** 11g (sat. fat 2g), **carbs** 35g, **fibre** 4g, **sodium** 406mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**



**Fennel, mint &
mandarin salad**
Recipe, opposite

GFO LCO

TURKISH EGG FLATBREADS

PREP 10 MINS COOK 5 MINS

SERVES 4 (AS A LIGHT MEAL)

175g reduced-fat Greek natural yoghurt
1 clove garlic, grated
Zest of ½ lemon
1½ tsp za'atar
Small handful flat-leaf parsley, finely chopped
4 x 60g eggs
2 tsp olive oil
4 (42g each) Coles Mini White Flatbreads
50g reduced-fat feta, crumbled
8 green olives, pitted, sliced
Pinch chilli flakes
2 Lebanese cucumber, halved, deseeded
and finely sliced

1 Put the yoghurt, garlic, lemon zest, half the za'atar and half the parsley in a small bowl. Season with pepper. Stir well to combine.

2 Heat a dry non-stick frying pan over medium heat. Brush the flatbreads lightly with a little of the oil. Add a flatbread to the pan and cook for 1 minute each side or until warmed through. Wrap in foil. Repeat with the remaining flatbread.

3 Heat the remaining oil in the pan. Once very hot, crack the eggs into the pan and fry for a few minutes until the white is set and the edges are crisp.

4 Spread the spiced yoghurt evenly over the flatbreads and top with the crispy eggs, feta, olives, remaining parsley, za'atar, chilli (if using) and the cucumbers on the side.

NUTRITIONAL INFO

PER SERVE 1420kJ (340Cal), **protein** 19g, **total fat** 16g (sat. fat 4g), **carbs** 27g, **fibre** 3g, **sodium** 605mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Replace the flatbreads with 4 low carb wraps, such as Woolworths Lower Carb Wholemeal Wrap.

NUTRITIONAL INFO

PER SERVE 1300kJ (311Cal), **protein** 24g, **total fat** 16g (sat. fat 5g), **carbs** 12g, **fibre** 12g, **sodium** 640mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

GFO LC

GRILLED TROUT WITH DILL & MUSTARD SAUCE

PREP 10 MINS COOK 15 MINS

SERVES 2 (AS A LIGHT MEAL)

2 x 125g boneless, skin-on rainbow trout fillets
Freshly ground black pepper
1 tbsp Dijon mustard or gluten-free mustard
Juice of ½ lemon
2 tsp honey
1 tbsp olive oil
Small bunch dill, finely chopped
2 green shallots, finely sliced
2 tsp rinsed and drained capers
130g (⅔ cup) cooked quinoa
120g watercress, picked or 100g baby spinach leaves

1 Preheat grill to high. Line a grill tray or baking tray with foil. Use paper towel to pat the trout dry and put skin-side down on the lined tray. Spray with olive oil cooking spray and season with pepper. Cook under grill for 6-10 minutes, depending on thickness, or until crisp on top and cooked through.

2 Meanwhile, put the mustard, lemon juice, honey, 3 tsp oil and most of the dill in a jar. Shake to combine. Season well with pepper.

3 Heat the remaining oil in a large non-stick frying pan over medium-high heat. Add the green shallots and capers. Cook, stirring, for 1-2 minutes or until slightly coloured. Stir in the quinoa. Cook, stirring, for 2 minutes or until heated through.

4 Serve the quinoa with the trout, watercress and dill.

NUTRITIONAL INFO

PER SERVE 1700kJ (406Cal), **protein** 30g, **total fat** 22g (sat. fat 5g), **carbs** 20g, **fibre** 6g, **sodium** 420mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

The sauce will keep in an airtight container in the fridge for up to 2 days.



Grilled trout with dill
& mustard sauce
Recipe, opposite



GFO **LC**

HALOUMI & BEETROOT FRITTERS

PREP 15 MINS **COOK** 15 MINS **SERVES** 3 (AS A LIGHT MEAL)

50g reduced-fat haloumi, drained and coarsely grated

75g (½ cup) wholemeal self-raising flour
or gluten-free self-raising flour

¼ tsp baking powder

¼ tsp nigella seeds (optional)

Zest and juice ½ lemon

1 clove garlic, grated

1 x 60g egg

2 tbsp skim milk

Freshly ground black pepper

150g cooked beetroot, drained and coarsely grated

3 tbsp olive oil

1 tsp honey

100g rocket leaves

1 Combine the haloumi, flour, baking powder, nigella seeds (if using) and lemon zest in a large bowl. Whisk the garlic, egg and milk in a separate bowl. Season with pepper. Add the haloumi mixture along with the grated beetroot and mix well.

2 Heat 1 tbsp of the oil in a large non-stick frying pan over medium heat. Spoon in 2 heaped tbsp of the batter (you should have enough for six fritters) and level them to about 2cm thick. Fry, in batches, for 3 minutes on each side, until golden and cooked through.

3 Mix the lemon juice with the remaining oil and honey in a small bowl. Season with pepper. Toss the rocket with the dressing and serve with the fritters.

NUTRITIONAL INFO

PER SERVE 1540kJ (368Cal), **protein** 12g, **total fat** 23g

(sat. fat 5g), **carbs** 24g, **fibre** 6g, **sodium** 465mg • **Carb**

exchanges 1½ • **GI estimate** medium • **Gluten-free option**

• **Lower carb**

midweek

**Haloumi &
beetroot fritters**
Recipe, opposite

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

2 FOR 1 MEALS

This tasty dinner offers up a choice of three different lunches using the leftovers. Make the meal on a Sunday and enjoy the lunches throughout the week!

GFO

GARLIC & PARMESAN CRUMBED CHICKEN WITH QUICK GIARDINIERA

PREP 40 MINS **COOK** 25 MINS

SERVES 4 (WITH LEFTOVERS)

600g frozen vegetable mix of cauliflower, broccoli and carrots
150ml white wine vinegar
1½ tbsp caster sugar
1 tsp salt
1 tbsp dried oregano
4 tbsp olive oil
180g (2 cups) dried breadcrumbs or gluten-free breadcrumbs
100g (⅔ cup) plain flour or gluten-free plain flour
300g low-fat natural yoghurt
4 tbsp skim milk
1 tbsp garlic granules
4 tbsp finely grated parmesan
1½ tbsp dried mixed herbs
Freshly ground black pepper
6 x 125g skinless chicken breast fillets, trimmed of fat
400g Zerella Baby Spud Lite Potatoes, halved, steamed, to serve

1 To make the giardiniera; tip the vegetable mix into a saucepan. Pour over boiling water, Return the mixture to the boil and cook for 4 minutes or until tender. Drain thoroughly and set aside. Return the pan to the heat and pour in 150ml water, the vinegar, sugar and salt. Cook, stirring, until the mixture comes to the boil and the sugar and salt dissolves. Remove the pan from the heat. Stir in the oregano and vegetables. Set aside.

2 Preheat oven to 220°C (fan-forced). Line a

large baking tray with non-stick baking paper. Heat 2 tbsp of the oil in a large non-stick frying pan over medium-high heat. Add the breadcrumbs and cook, stirring, for 3-5 minutes or until golden. Tip into a bowl and set aside to cool.

3 Put the flour and yoghurt in separate bowls. Stir the milk into the yoghurt. Combine the breadcrumbs, garlic, parmesan and herbs in a large bowl. Season with pepper.

4 Put the chicken breasts between two sheets of non-stick baking paper. Use a rolling pin to lightly bash to around 1cm thick. Dip in the flour, then the yoghurt, then the crumbs, pressing them in to stick. Place the chicken on the lined tray and drizzle over the remaining oil. Bake for 20-25 minutes or until cooked through and golden.

5 Place 4 pieces of chicken on serving plates, reserving the remaining chicken for later. Reserve 200g of the giardiniera for the other recipes. Place the remaining giardiniera over the chicken.

NUTRITIONAL INFO

PER SERVE 2370kJ (567Cal), **protein** 42g, **total fat** 17g (sat. fat 4g), **carbs** 53g, **fibre** 8g, **sodium** 770mg • **Carb exchanges** 3 ½
• **GI estimate** medium • **Gluten-free option**

COOK'S TIP

The chicken and giardiniera will keep in the fridge for two days.

HOW OUR
FOOD WORKS
FOR YOU
see page 88

DINNER

Garlic & parmesan
crumbed chicken with
quick giardiniera
Recipe, opposite



LUNCH 1

Chicken rice bowl

Recipe, page 52



LUNCH 2

Chicken Caesar salad wrap

Recipe, page 52



LOWER-CARB OPTION

Opt for the two Simson's Pantry Keto Wraps to make this lower carb

NUTRITIONAL INFO

PER SERVE 1320kJ (316Cal), protein 23g, total fat 12g (sat. fat 3g), carbs 23g, fibre 12g, sodium 1030mg • Carb exchanges 1½ • GI estimate low • Lower carb

LUNCH 3

Chicken rolls

Recipe, page 52



LOWER-CARB OPTION

Serve on lower carb wraps, such as Simson's Pantry Keto Wraps, instead of rolls, and replace the mayo with 2 tbsp Tzatziki.

NUTRITIONAL INFO

PER SERVE 1560kJ (373Cal), protein 30g, total fat 15g (sat. fat 4g), carbs 24g, fibre 12g, sodium 492mg • Carb exchanges 1½ • GI estimate low • Lower carb

leftovers

GFO

CHICKEN RICE BOWL

PREP 10 MINS **COOK** 5 MINS
SERVES 2 (AS A LIGHT MEAL)

80g cooked Low GI White Rice (see Cook's tip)

½ leftover garlic & parmesan crumbed chicken breast, sliced (see recipe p. 48)

Juice of 1 lime

2 tsp honey

10g soft herbs such as parsley or coriander, roughly chopped

1 tsp garlic granules

2 tsp olive oil

Freshly ground black pepper

125g can corn kernels, rinsed and drained

½ red capsicum, roughly chopped

½ small avocado, peeled and chopped

100g cherry tomatoes, halved

75g leftover giardiniera, roughly chopped (see recipe p. 48)

1 Divide the rice between the bottom of two microwavable containers and layer over the chicken slices.

2 Combine the lime juice, honey, herbs, garlic granules, oil and pepper in a large bowl. Add the corn, capsicum, avocado, cherry tomatoes and giardiniera. Toss to combine. Pack into two separate containers.

3 To reheat the rice and chicken, put the container in the microwave with the lid ajar. Heat on High 100% for 2 minutes. Remove the lid and cook for a further 1-2 minutes or until piping hot.

4 Spoon the tomato mixture and dressing over the top. Serve.

COOK'S TIP

Cook 35g (2 tbsp) raw rice following packet directions. Cool.

NUTRITIONAL INFO

PER SERVE 1530kJ (366Cal),
protein 15g, **total fat** 13g (sat. fat 2g), **carbs** 42g, **fibre** 8g, **sodium** 279mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

GFO LCO

CHICKEN CAESAR SALAD WRAP

PREP 10 MINS
SERVES 2 (AS A LIGHT MEAL)

1 small clove or 1 tsp garlic granules

2 drained anchovies in oil

4 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise

1½ tbsp grated parmesan

1 tsp Dijon mustard or gluten-free mustard

2 tsp giardiniera pickling liquid

Freshly ground black pepper

2 Simson's Pantry Low Carb Super Grains Wraps or gluten-free wraps

½ leftover garlic & parmesan breaded chicken breast, sliced (see recipe p. 48)

1 cos lettuce, roughly chopped

75g leftover giardiniera, roughly chopped

1 Put the garlic and anchovies in a mortar. Use a pestle to bash together to create a thick paste. Transfer to a bowl and stir in the mayonnaise, parmesan, mustard and a splash of the leftover giardiniera pickling liquid. Season with pepper and a bit more pickling liquid, if needed.

2 Spread the dressing over the wraps, leaving a border, then dot over the sliced chicken leftovers, lettuce and the leftover drained giardiniera. Wrap up tightly, folding the ends in so everything stays in place.

NUTRITIONAL INFO

PER SERVE 1320kJ (316Cal),
protein 20g, **total fat** 10g (sat. fat 3g), **carbs** 30g, **fibre** 12g, **sodium** 998mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option** • **Lower carb option**

GFO LCO

CHICKEN ROLLS

PREP 5 MINS
SERVES 2 (AS A LIGHT MEAL)

100g white cabbage, finely shredded

50g leftover giardiniera (see recipe p. 48)

Freshly ground black pepper

2 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise

2 x 25g wholemeal rolls or gluten-free rolls

1 leftover garlic & parmesan breaded chicken breast (see recipe p. 48), sliced

1 Put the cabbage with a splash of the leftover giardiniera pickling liquid in a bowl. Season with pepper. Mix until well combined. Set aside.

2 Roughly chop the remaining giardiniera and place in a small bowl. Add the mayonnaise, adding another splash of the leftover pickling liquid. Season with pepper. Stir to combine.

3 Spread some of the mayonnaise over the base of the rolls. Top the base of the roll with the chicken breast. Spread with more mayonnaise and then the cabbage. Place on the top of the roll. Serve.

NUTRITIONAL INFO

PER SERVE 1450kJ (347Cal),
protein 23g, **total fat** 10g (sat. fat 2g), **carbs** 38g, **fibre** 5g, **sodium** 472mg • **Carb exchanges** 2 ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb option**

festive

Lime & cherry
caprioska
Recipe, page 56

HOW OUR
FOOD WORKS
FOR YOU
see page 88

Enjoy a traditional Christmas feast -
your guests will be none the wiser they
have been served a healthier meal!

KEEP IT TRADITIONAL

Menu

Main

- Roast turkey

Accompaniments

- Roasted root vegetables
- Fig & walnut stuffing muffins
- Lemon & garlic sprouts with peas
- Orange, port & mustard gravy
- Cumberland sauce

Drink

- Lime & cherry caprioska

Dessert

- Steamed Christmas pudding with brandy custard



Roast turkey
Recipe, page 56

Fig & walnut
stuffing muffins
Recipe, page 58

festive

Orange, port &
mustard gravy
Recipe, page 58

Cumberland sauce
Recipe, page 58

Suggested serving size

NUTRITIONAL INFO

PER SERVE (meal turkey with sides and accompaniments): 2950kJ (750Cal), protein 60g, total fat 22g (sat. fat 5g), carbs 52g, fibre 21g, sodium 954mg
• Carb exchanges 3 ½ • GI estimate low
• Gluten-free option

TRADITIONAL CHRISTMAS TIME PLANNER

6 hours before serving

- Remove the turkey from the fridge 1 hour before cooking to bring to room temperature.
- Prepare and cook the turkey. Cover the turkey and set aside. Serve at room temperature.

2 hours before serving

- Prepare the Christmas pudding and place in the basin.
- Prepare the Brussels sprouts.

1 hour before serving

- Make and cook the roasted root vegetables.
- Make and cook the fig and walnut stuffing muffins.
- Make the Cumberland sauce.

20 minutes before serving

- Cook the Brussels sprouts and peas.

15 minutes before serving

- Make the orange, port and mustard gravy.

Just as the guests arrive

- Make the lime and cherry caprioska.

Just before saving the main

- Put the pudding in the oven to cook and make the brandy custard.

GF LC

LIME & CHERRY CAPRIOSKA

PREP 5 MINS

SERVES 8 (AS A DRINK)

4 limes, cut into thin wedges
2 tbsp caster sugar or granulated sugar substitute
32 cherries, pitted, quartered
160ml ($\frac{2}{3}$ cup) vodka
Ice cubes or crushed ice, to serve
Chilled soda water, to serve

1 Put half the lime wedges in a large mortar and pestle with half the caster sugar. Pound until all the juice and flesh comes out of the lime.

2 Fill 8 small glasses with ice. Divide the lime rinds between 4 of the glasses. Spoon the lime juice evenly between the 4 glasses. Add half the cherries to the mortar and pound until the juices are released from the cherries. Divide the cherries between the 4 glasses and spoon a little of the juice into each glass.

3 Repeat with the remaining limes, sugar and cherries and divide between the 4 remaining glasses.

4 Pour 1 tablespoon (20ml) of the vodka into each glass. Top up with chilled soda water. Stir with a swizzle stick to combine. Serve.

NUTRITIONAL INFO

PER SERVE 334kJ (80Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 8g, **fibre** 1g, **sodium** 1mg • **Carb exchanges** $\frac{1}{2}$ • **GI estimate** medium • **Gluten free** • **Lower carb**

NUTRITIONAL INFO

PER SERVE (with sugar substitute) 275kJ (66Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 4g, **fibre** 1g, **sodium** 2mg • **Carb exchanges** $\frac{1}{2}$ • **GI estimate** low • **Gluten free** • **Lower carb**

GF LC

ROAST TURKEY

PREP 10 MINS (+ 1 HOUR STANDING AND 20 MINS RESTING)

COOK 2 HOURS 45 MINS

SERVES 8 (AS PART OF AN OCCASIONAL MAIN; WITH LEFTOVERS FOR 6)

1 x 3.8kg frozen turkey, defrosted following packet directions
1 lemon, cut into wedges
 $\frac{1}{2}$ bunch lemon thyme sprigs
3 cloves garlic, peeled, halved
1 small brown onion, cut into wedges
1 tbsp sugar-free maple syrup

1 Wash the inside of the turkey and pat dry with paper towel. Place on a plate lined with paper towel. Set aside for 1 hour to allow the turkey to come to room temperature.

2 Preheat oven to 160°C (fan-forced). Place a wire rack over a large roasting tin. Pour 250ml (1 cup) of water into the base of the roasting tin. Push the lemon, thyme, garlic and onion into the cavity of the turkey. Use kitchen string to tie up the turkey around the parson's nose and legs. Place the turkey on the rack. Cover with a piece of non-stick baking paper. Cover tightly with a piece of foil. Bake for 1 hour 45 minutes.

3 Remove the foil and baking paper and brush the turkey with the maple syrup. Roast for a further 1 hour or until the turkey is light golden brown and the juices run clear when a skewer is inserted into the thickest part of the turkey (around the leg and thigh area). Transfer to a carving tray, cover loosely with foil and set aside for 20 minutes to rest. Carve, remembering to remove and discard the skin before serving.

festive



**Roasted root
vegetables**
Recipe, page 58

NUTRITIONAL INFO

PER SERVE: 1150kJ (275Cal), **protein** 45g, **total fat** 10g (sat. fat 3g), **carbs** 1g, **fibre** 1g, **sodium** 562mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

GFO

FIG & WALNUT STUFFING MUFFINS

PREP 15 MINS (+ 10 MINS COOLING)

COOK 20 MINS

SERVES 8 (AS PART OF A MEAL)

- 1 tsp olive oil
- 1 small brown onion, finely chopped
- ½ celery stick, finely chopped
- 1 clove garlic, finely chopped
- 120g (1⅔ cups) fresh breadcrumbs made from Italian-style bread or gluten-free fresh breadcrumbs
- 2 (50g) dried figs, finely chopped
- 2 tbsp finely chopped walnuts
- Grated zest of ½ lemon
- 2 tbsp finely chopped flat-leaf parsley
- 2 x 60g eggs, lightly whisked
- Freshly ground black pepper

1 Preheat oven to 200°C (fan-forced). Spray 16 x 30ml (1½ tbsp) mini muffin tins with cooking spray.

2 Heat the oil in a small non-stick frying pan over medium heat. Add the onion, celery and garlic. Cook, stirring occasionally, for 6-7 minutes or until the onion softens. Set aside for 10 minutes to cool slightly.

3 Put the onion mixture, breadcrumbs, figs, walnuts, lemon zest and parsley in a large bowl. Mix until well combined. Add the eggs and mix until well combined. Season with pepper. Spoon the mixture evenly between the muffin tins and push into the tin.

4 Bake for 15-20 minutes or until the stuffing is golden brown and set. Set aside in the tins for 5 minutes before using a small knife to loosen and remove from the tins.

NUTRITIONAL INFO

PER SERVE 500kJ (120Cal), **protein** 5g, **total fat** 4g (sat. fat 1g), **carbs** 14g, **fibre** 2g, **sodium** 129mg • **Carb exchanges** 1 • **GI estimate** high • **Gluten-free option**

GFO LC

ORANGE, PORT & MUSTARD GRAVY

PREP 5 MINS **COOK** 5 MINS

SERVES 8 (AS PART OF A MEAL)

- ½ tsp olive oil
- 2 eschallots, finely chopped
- 2 tbsp salt-reduced gravy powder or gluten-free gravy powder
- 250ml (1 cup) water
- 80ml (⅓ cup) fresh orange juice
- 2 tsp wholegrain mustard or gluten-free mustard
- 2 tbsp port

1 Heat the oil in a small saucepan over medium heat. Add the eschallots and cook, stirring, for 2 minutes. Remove pan from heat and add the gravy powder. Gradually whisk in the water and orange juice.

2 Return the pan to the heat and cook, stirring, over medium heat for 5 minutes or until the sauce starts to thicken. Stir in the mustard and port. Simmer for 5 minutes or until the sauce reduces and thickens slightly.

NUTRITIONAL INFO

PER SERVE 108kJ (26Cal), **protein** 1g, **total fat** 1g (sat. fat 0g), **carbs** 3g, **fibre** 0g, **sodium** 131mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten-free option** • **Lower carb**

GFO LC

CUMBERLAND SAUCE

PREP 5 MINS **COOK** 10 MINS

SERVES 8 (AS PART OF A MEAL)

- 110g (½ jar) redcurrant jelly
- Zest and juice of 1 orange
- 2 tbsp port
- 2 tsp Worcestershire sauce or gluten-free Worcestershire sauce

1 Put the redcurrant jelly, orange zest and juice, port and Worcestershire sauce in a small saucepan. Cook, stirring, over low heat until the jelly melts and the mixture is well combined.

2 Increase heat to medium and bring the mixture to a simmer. Simmer for 5-6 minutes or until the mixture reduces and thickens slightly.

3 Pour into a small serving bowl and set aside to cool.

NUTRITIONAL INFO

PER SERVE 204kJ (49Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 11g, **fibre** 1g, **sodium** 27mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GF

ROASTED ROOT VEGETABLES

PREP 15 MINS **COOK** 50 MINS

SERVES 8 (AS PART OF A MEAL)

- 4 (400g) parsnips, cut into quarters lengthways
- 1 (600g) celeriac, cut into pieces
- 3 leeks, trimmed, cut in half lengthways, cut into lengths
- 3 large carrots, cut into long lengths
- 4 beetroot, cut into thin wedges
- 12 sprigs thyme

festive



Lemon & garlic
sprouts with peas
Recipe, page 60

2 heads garlic
2 tbsp white balsamic vinegar
2 tbsp extra virgin olive oil
2 tbsp sugar-free maple syrup

1 Preheat oven to 200°C (fan-forced). Line two large roasting tins with non-stick baking paper. Put the parsnip, celeriac and half the leek in one roasting tin. Put the remaining leek, carrot and beetroot in a second roasting tin. Wrap each head of garlic in foil and add one to each roasting tin. Scatter over the thyme sprigs.

2 Combine the vinegar, oil and maple syrup in a small bowl. Whisk to combine. Pour the mixture evenly over the two dishes. Toss vegetables gently to combine, or you can brush over the mixture.

3 Roast vegetables, turning once, for 40-50 minutes or until the vegetables are light golden and tender.

NUTRITIONAL INFO

PER SERVE 709kJ (170Cal), **protein** 5g, **total fat** 5g (sat. fat 1g), **carbs** 18g, **fibre** 12g, **sodium** 86mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free**

GF LC

LEMON & GARLIC SPROUTS WITH PEAS

PREP 10 MINS **COOK** 10 MINS
SERVES 8 (AS PART OF A MEAL)

24 Brussels sprouts, trimmed, halved
300g (2 cups) freshly shelled peas or frozen peas
2 tsp extra virgin olive oil
5 eschallots, thinly sliced
6 cloves garlic, thinly sliced
Lemon wedges, to serve

1 Place the Brussels sprouts in a

large steamer basket over a saucepan of simmering water. Cover and steam for 3 minutes. Add the peas and steam for a further 2 minutes or until the vegetables are just tender.

2 Meanwhile, heat the oil in a small non-stick frying pan over medium-high heat. Add the eschallots and garlic. Cook, stirring, for 2-3 minutes or until light golden brown. Set aside.

3 Place the sprouts and peas in a shallow serving dish. Spoon over the eschallot mixture and serve with the lemon wedges.

NUTRITIONAL INFO

PER SERVE 281kJ (67Cal), **protein** 5g, **total fat** 2g (sat. fat 0g), **carbs** 5g, **fibre** 6g, **sodium** 20mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

STEAMED CHRISTMAS PUDDING WITH BRANDY CUSTARD

PREP 10 MINS (+ 10 MINS STANDING)
COOK 1 HOUR 30 MINS
SERVES 8 (AS AN OCCASIONAL DESSERT; WITH LEFTOVERS FOR 2)

200g mixed dried fruit
200g fresh cherries, pitted
2 large apples, peeled, coarsely grated
80ml (⅓ cup) brandy, warmed
80g light margarine
3 x 60g eggs, lightly whisked
100g (⅔ cup) wholemeal self-raising flour
2 tsp mixed spice

BRANDY CUSTARD
1 tbsp custard powder
250ml (1 cup) skim milk
1 tbsp caster sugar
1 tbsp brandy

1 Preheat oven to 140°C (fan-forced). Spray a 6-cup (1.5L) metal pudding basin with cooking spray.

2 Put the dried fruit and cherries in a small food processor. Cover and process until finely chopped and well combined. Transfer to a large bowl. Add the apple and brandy and stir well. Set aside for 10 minutes. Stir in the margarine and eggs. Add the flour and mixed spice and mix until well combined.

3 Pour the mixture into the greased basin. Cover the top of the pudding with a piece of non-stick baking paper and foil and secure with a piece of string. Place in deep ovenproof dish. Place on the rack in the oven and pour boiling water into the ovenproof dish, allowing the water to come about halfway up the sides of the basin.

4 Bake for 1½ hours or until a skewer inserted into the centre of the pudding comes out clean. You may have to open up the top and have a look, if it isn't ready simply tie up with another piece of string and put back in the oven.

5 Brandy custard: put the custard powder in a small saucepan and gradually whisk in the milk. Cook over medium heat, stirring, until the custard thickens and starts to simmer. Remove the pan from the heat and stir in the sugar and brandy.

6 Loosen the pudding with a small knife and turn out onto a serving plate. Cut into pieces and serve with the custard spooned over.

NUTRITIONAL INFO

PER SERVE 842kJ (201Cal), **protein** 5g, **total fat** 5g (sat. fat 2g), **carbs** 30g, **fibre** 3g, **sodium** 141mg • **Carb exchanges** 2 • **GI estimate** medium

festive

Christmas
pudding with
brandy custard
Recipe, opposite



**HOW OUR
FOOD WORKS
FOR YOU**
see page 88

These beautiful and
flavoursome meals are
quick and easy enough
to be a midweek feed
for the family, with
minimal prep time for
a fuss-free dinner

QUICK & EASY **FAMILY** MEALS



Honey Mustard Chicken
Recipe, page 66



*Marinate
the tofu with
teriyaki sauce
and serve
with broccoli
or noodles
or rice to
make this
easy vegie
midweek
meal.*

Teriyaki Tofu
Recipe, page 68

GF

LEMON & ROSEMARY ROAST POTATOES WITH SAUSAGE

PREP 10 MINS **COOK** 50 MINS
SERVES 4 (AS A MAIN)

800g Zerella Spud Lite Potatoes, unpeeled, cut in half
1 lemon, thinly sliced
3 tbsp rosemary or thyme leaves, chopped, plus a few extra sprigs, to serve
3 tbsp olive oil
600g Peppercorn Extra Lean Beef Sausages, meat squeezed out of the skin into bite-sized pieces
1 bunch green shallots, cut into 4cm lengths
300g broccoli, cut into florets, steamed, to serve
150g (1 cup) frozen peas, steamed, to serve

1 Preheat oven to 200°C (fan-forced). Line a baking tray with non-stick baking paper.

2 Put the potatoes in a large bowl. Add the lemon slices, chopped herbs and oil. Season with pepper. Toss well to evenly coat. Transfer to the lined tray, spreading the potatoes out in an even layer.

3 Roast for 20 minutes or until beginning to turn golden brown. Add the sausage meat and cook for a further 10-15 minutes or until browned and cooked through. Add the green shallots and cook for a further 2-3 minutes to soften. Scatter over the remaining herbs. Serve.

NUTRITIONAL INFO

PER SERVE 2070kJ (495Cal),
protein 27g, **total fat** 26g
(sat. fat 7g), **carbs** 31g,
fibre 8g, **sodium** 682mg
• **Carb exchanges** 2
• **GI estimate** medium
• **Gluten free**



GFO

HONEY-MUSTARD CHICKEN

PREP 5 MINS

COOK 30 MINS

SERVES 4 (AS A MAIN)

2 tbsp honey

2 tbsp Dijon mustard or wholegrain mustard
or gluten-free mustard

4 tbsp olive oil

800g Zerella Spud Lite Potatoes, cut into
1cm-thick slices

Freshly ground black pepper

500g skinless chicken breast fillets, trimmed
of fat, cut in half lengthways

1 bunch green shallots (around 7), trimmed
and cut into 4cm lengths

1 bunch broccolini, steamed to serve

1 bunch asparagus, woody ends trimmed,
steamed to serve

1 Preheat oven to 200°C (fan-forced). Line a
roasting tin with non-stick baking paper. Put
the honey, mustard and 2 tbsp of the oil in a
small bowl. Mix until well combined.

2 Add the potatoes to the lined tin, drizzle
over the remaining oil and season well with
pepper. Toss to coat, then arrange the
potatoes in a single layer.

3 Season the chicken with freshly ground
black pepper and place on top of the potatoes.
Pour over the honey and mustard mixture.
Bake for 15 minutes, then add the green
shallots and cook for a further 10-15 minutes
or until the chicken is cooked through and the
potatoes are golden brown.

NUTRITIONAL INFO

PER SERVE 1990kJ (476Cal), **protein** 34g,
total fat 21g (sat. fat 4g), **carbs** 33g, **fibre** 6g,
sodium 306mg • **Carb exchanges** 2 • **GI**
estimate medium • **Gluten-free option**

GF

GARLIC PRAWN RICE

PREP 5 MINS

COOK 20 MINS

SERVES 4 (AS A MAIN MEAL)

350g Low GI White Rice

4 tbsp olive oil

4 cloves garlic, thinly sliced

600g green prawns, peeled and deveined

Zest and juice 1 lemon

2 tbsp chopped flat-leaf parsley

Freshly ground black pepper

2 carrots, sliced, steamed, to serve

2 bunches (350g) broccolini, steamed, to serve

280g green beans, steamed, to serve

Extra lemon wedges or slices, to serve

1 Cook the rice in a medium saucepan of boiling
water, following packet directions. Set aside.

2 Meanwhile, heat 3 tbsp of the oil in a large
non-stick frying pan over medium heat. Add the
garlic and cook, stirring, for 30 seconds.

3 Add the prawns to the pan and cook for 2-3
minutes, stirring often, or until they turn pink
and are cooked through. Squeeze the lemon
juice over the prawns, sprinkle with lemon zest
and half the parsley. Stir to combine.

4 Add the cooked rice to the pan along with the
remaining olive oil. Toss to coat. Cook for 1
minute. Season with pepper. Remove the pan
from the heat. Divide the rice between serving
bowls. Sprinkle with the remaining parsley and
serve with the extra lemon pieces.

NUTRITIONAL INFO

PER SERVE 2340kJ (560Cal), **protein** 26g, **total**
fat 20g (sat. fat 3g), **carbs** 63g, **fibre** 8g, **sodium**
319mg • **Carb exchanges** 4 • **GI estimate** low •
Gluten free

mains

Garlic Prawn Rice
Recipe, opposite

GFO LC

TERIYAKI TOFU

PREP 10 MINS

COOK 20 MINS

SERVES 4 (AS A LIGHT MEAL)

1 tbsp olive oil
400g firm tofu, drained, patted dry with paper towel, cut into bite-sized cubes
1 large (600g) head broccoli, cut into florets, stalks peeled and thinly sliced
1 bunch green shallots, separated into white and green parts, thinly sliced
6 tbsp teriyaki sauce or gluten-free teriyaki sauce
Freshly ground black pepper
200g Wokka wok-ready rice noodles, prepared following packet instructions

1 Heat the oil in a large non-stick frying pan over medium heat. Add the tofu and cook, stirring often, for 8 minutes or until crisp and golden. Remove from the pan and set aside.

2 Add the broccoli florets and white parts of the shallots to the pan over medium heat. Cook, stirring for 4 minutes or until tender, but not completely cooked through. Stir in the teriyaki sauce. Season with pepper.

3 Return the cooked tofu back to the pan with the broccoli. Stir well to coat. Cook for 1-2 minutes to allow the flavours to combine. Sprinkle over the reserved green parts of the green shallots. Remove the pan from the heat. Serve with the noodles.

NUTRITIONAL INFO

PER SERVE 1180kJ (282Cal), **protein** 18g, **total fat** 13g (sat. fat 2g), **carbs** 19g, **fibre** 8g, **sodium** 1230mg • **Carb exchanges** 1
• **GI estimate** low • **Gluten-free option**
• **Lower carb**

GFO LC

CHICKEN & TZATZIKI WRAPS

PREP 10 MIN

COOK 15 MINS

SERVES 4 (AS A LIGHT MEAL)

1 cucumber, three-quarters deseeded and coarsely grated, the rest halved and sliced

250g reduced-fat Greek yoghurt

Freshly ground black pepper

400g skinless chicken breast fillet, trimmed of fat, thinly sliced

4 wholemeal lower carb wraps or gluten-free wraps

4 large ripe tomatoes, thinly sliced

1 To make the tzatziki, put the grated cucumber and yoghurt in a bowl. Season with pepper. Mix well to combine. Set aside.

2 Season the chicken with pepper and spray with cooking spray. Heat a large non-stick frying pan over medium heat. Add the chicken and cook for 4 minutes each side or until cooked through. Transfer to a plate.

3 Warm the wraps in a dry non-stick frying pan over medium heat for 1-2 minutes each side or warm in the microwave following packet directions.

4 Spread 2 tbsp of the tzatziki onto each wrap. Top with the chicken, tomatoes and sliced cucumber. Season with a little more pepper, if you like, then fold the sides of the wrap over the filling, roll up tightly and serve.

NUTRITIONAL INFO

PER SERVE 1350kJ (323Cal), **protein** 38g, **total fat** 8g (sat. fat 3g), **carbs** 18g, **fibre** 14g, **sodium** 324mg • **Carb exchanges** 1
• **GI estimate** low • **Gluten-free option**
• **Lower carb**

mains

Chicken &
Tzatziki Wraps
Recipe, opposite





In the mood for
something sweet but still
want to stay on track?
We've got you covered
with these delectable
treats.

SWEET & SIMPLE

**HOW OUR
FOOD WORKS
FOR YOU**
see page 88

Healthy
blondies
Recipe, page 72

Raspberry & almond biscuits Recipe, page 72



desserts

HEALTHY BLONDIES

PREP 15 MINS **COOK** 25 MINS

SERVES 16 (1 PER SERVE; AS A SNACK)

150ml liquid from a 400g tin of no-added-salt chickpeas, chilled (see Cook's tip)
5 tbsp (85g) coconut sugar
150ml light coconut milk
185g (1½ cup) wholemeal spelt flour
20g (2½ tbsp) cornflour
½ tsp baking powder
½ tsp bicarbonate of soda
Zest of 1 lime
150g punnet blueberries
1½ tbsp coconut flakes

1 Preheat oven to 160°C (fan-forced). Spray a 20cm x 20cm cake tin with cooking spray. Line base and sides with non-stick baking paper, leaving some to overhang.

2 Use electric beaters to whisk the aquafaba (chickpea liquid) in a medium bowl until very foamy. Gradually beat the sugar into the foam, whisking well after each addition, until thickened and shiny. Stir in the coconut milk.

3 Sift the flour, cornflour, baking powder and bicarbonate of soda in a bowl. Add the wet ingredients with the lime zest to the flour mixture until no pockets of flour remain. Pour the batter into the prepared cake tin. Scatter over the blueberries and coconut flakes.

COOK'S TIP

Keep the drained chickpeas for salads, blend into hummus or scatter into veg-packed one-tray roasts.

4 Bake the blondies for 25 minutes or until set around the edges and a little shiny on the surface in the centre. Transfer the tin to a wire rack and leave the blondies to cool completely before carefully lifting out using the baking paper. Cut with a sharp knife into 16 squares.

NUTRITIONAL INFO

PER SERVE 325kJ (78Cal), **protein** 2g, **total fat** 1g (sat. fat 1g), **carbs** 15g, **fibre** 1g, **sodium** 60mg • **Carb exchanges** 1 • **GI estimate** medium



RASPBERRY & ALMOND BISCUITS

PREP 15 MINS **COOK** 20 MINS

SERVES 16 (1 PER SERVE; AS A SNACK)

200g (1½ cup) frozen raspberries
1 tsp vanilla bean paste
2½ tbsp sugar-free maple syrup, plus 1 tbsp extra
1½ tbsp chia seeds
2½ tbsp olive oil
½ tsp almond extract
190g (2 cup) almond meal
30g (¼ cup) flaked almonds, finely chopped

1 Put the raspberries, vanilla bean paste and 1 tbsp of maple syrup in a medium saucepan. Simmer over low heat for 5 minutes or until the berries start to break down. Stir through the chia seeds and cook, stirring, for a further 5 minutes. Spoon the raspberry mixture into a medium bowl. Set aside to cool completely (in which time it will thicken considerably).

2 Preheat oven to 160°C (fan-forced). Line two baking trays with

non-stick baking paper. Whisk together the remaining maple syrup, oil and almond extract in a medium bowl. Add the almond meal and mix well until a soft dough forms.

3 Spread the chopped flaked almonds out on a small plate. Taking tablespoons of dough, roll into balls and then roll into the almonds. Transfer to the baking trays, spacing them 5cm apart. Using your thumb, make a hollow in the centre of each dough ball. Fill each hollow with ¼ tsp of the chia seed jam. You will have some jam left over (see Cook's tip below).

4 Bake the biscuits for 16-18 minutes or until the cookies are lightly golden. Remove from the oven and leave for 5 minutes before carefully transferring to a wire rack. Leave until completely cool and firm.

NUTRITIONAL INFO

PER SERVE 502kJ (120Cal), **protein** 3g, **total fat** 11g (sat. fat 1g), **carbs** 2g, **fibre** 2g, **sodium** 1mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

COOK'S TIP

The remaining raspberry chia jam will keep in the fridge for up to a week.

GF LC

WATERMELON & KIWI ICEBLOCKS

PREP 15 MINS (+ FREEZING)

SERVES 8 (AS A DESSERT)

400g peeled, deseeded and chopped watermelon flesh
3 kiwifruit

1 Put the watermelon flesh in a bowl. Use a handheld blender to blend the watermelon until smooth.

2 Fill ice-block moulds three-quarters full with the watermelon purée. Push paddle pop sticks in, if you are using them. Freeze for at least 3 hours, or overnight, until

frozen. Tip any remaining purée into an ice-cube tray and freeze.

3 Peel the kiwifruit and cut the green flesh away from the white core, discarding the core. Put the kiwifruit in a small food processor. Process until smooth. Add a layer of kiwifruit purée, about 4-5mm to the top of each iceblock and refreeze for 1 hour.

4 Add some green food colouring to the rest of the purée to darken it to the same colour as the watermelon rind. Pour a thin layer onto the top of each iceblock and freeze until you want to eat them.

NUTRITIONAL INFO

PER SERVE 134kJ (32Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 6g, **fibre** 1g, **sodium** 2mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**



desserts



Chocolate chia puddings

Recipe, below

GFO LC

FROZEN FRUIT STICKS WITH PASSIONFRUIT & LIME DRIZZLE

PREP 15 MINS **SERVES** 8 (AS A
DESSERT OR SNACK)

100g small strawberries, hulled
and halved
8 seedless grapes
100g mango chunks
100g peeled and deseeded
honeydew melon chunks
2 kiwifruit, peeled and cut into
chunks
100g peeled and cored pineapple
chunks

DRIZZLE

Juice of 2 limes
4 passionfruit, halved, pulp
removed
1 tsp icing sugar or gluten-free
icing sugar

1 To make the drizzle, combine all
the ingredients in a small bowl until
the sugar dissolves. If you want the
sauce to be smooth, pass it through
a sieve to remove the seeds, or
leave them in if you prefer.

2 Skewer the fruits onto wooden
skewers and drizzle the sauce on
top, reserving a little to serve. Put
the skewers in the freezer for
45 minutes, until just starting to
freeze. Serve with the leftover
drizzle.

NUTRITIONAL INFO

PER SERVE 180kJ (43Cal), **protein**
1g, **total fat** 0g (sat. fat 0g), **carbs**
7g, **fibre** 3g, **sodium** 8mg • **Carb**
exchanges ½ • **GI estimate** low
• **Gluten-free option** • **Lower carb**

GF LC

CHOCOLATE CHIA PUDDINGS

PREP 5 MINS (+ 4 HOURS CHILLING)
SERVES 4 (AS A DESSERT)

60g (⅓ cup) chia seeds
400ml unsweetened almond milk
or hazelnut milk
3 tbsp cacao powder
2 tbsp sugar-free maple syrup
½ tsp vanilla extract
155g (1 cup) frozen berries, to
serve
10g cacao nibs, to serve

1 Put the chia seeds, milk, cacao
powder, maple syrup and vanilla

extract in a large bowl. Whisk to
combine.

2 Cover the bowl with plastic wrap.
Put the bowl in the fridge to
thicken for at least 4 hours, or
overnight.

3 Spoon the pudding between four
glasses. Top with the frozen berries
and cacao nibs.

NUTRITIONAL INFO

PER SERVE 654kJ (156Cal), **protein**
4g, **total fat** 9g (sat. fat 2g), **carbs**
10g, **fibre** 8g, **sodium** 69mg
• **Carb exchanges** ½ • **GI estimate**
low • **Gluten free** • **Lower carb**

Frozen fruit sticks with
passionfruit & lime drizzle
Recipe, opposite



desserts

MINI APPLE & BLACKBERRY PUDDINGS

PREP 15 MINS (+ 1 HOUR CHILLING)

COOK 10 MINS

SERVES 4 (AS A DESSERT)

1 large (about 155g) apple,
peeled, cored and finely
chopped
150ml water
300g blackberries
6 slices wholemeal bread
Small mint sprigs or leaves, to
serve
100g diet vanilla yoghurt, to serve

1 Put the apple and water in a small saucepan. Cook over medium heat until comes to a simmer. Reduce heat to medium-low, cover and simmer for 3 minutes to soften. Add the berries, cover and cook for 5 minutes more or until the berries have just softened.

2 Meanwhile, spray four mini pudding moulds with cooking spray. Using a mould as a template, cut out four rounds from the bread and use these to line the base of each mould. Trim the crusts from the offcuts (and reserve these). Use the offcuts and other two slices of bread, cut into strips, to line the sides of the moulds. Press gently to compact the bread a little and leave some overhanging.

3 Spoon most of the fruit and juice, reserving about 1 tbsp, between the moulds. Fold the overhanging bread over the fruit and fill in the gaps using the reserved bits of crust to completely cover the top. Cover the moulds and press down firmly to compress the puddings. Place in the fridge for about 1 hour to firm up.

4 To serve, turn the puddings out onto small plates and top with the reserved fruit and juice and the mint. Serve with the yoghurt.



NUTRITIONAL INFO

PER SERVE 643kJ (153Cal), **protein** 6g, **total fat** 1g (sat. fat 0g), **carbs** 26g, **fibre** 8g, **sodium** 172mg
• **Carb exchanges** 1½ • **GI estimate** low

COOK'S TIP

The puddings will keep chilled for up to three days.

GF

FROZEN TROPICAL FRUIT YOGHURT

PREP 15 MINS

SERVES 6 (AS A DESSERT)

**480g Woolworths Frozen Summer
Fruit Blend**

170g reduced-fat Greek yoghurt

2 tbsp sugar-free maple syrup

**1 large mango, flesh chopped,
to serve**

3 passionfruit, pulp removed

1 Put the frozen tropical fruit mix, yoghurt and maple syrup in a small food processor. Blend until smooth.

2 Scoop the frozen yoghurt between serving bowls, or spoon into a freezer-proof container if you want to serve it later.

3 Serve the frozen yoghurt with the mango and passionfruit pulp.

NUTRITIONAL INFO

PER SERVE 512kJ (122Cal),
protein 3g, **total fat** 1g (sat. fat 0g),
carbs 23g, **fibre** 5g, **sodium** 38mg
• **Carb exchanges** 1½ • **GI estimate**
low • **Gluten free**



SMOOTH OPERATORS

Green goodness



Fruity Detox



Tropical wake-up



Berry zinger



Banana spice



GF LC

FRUITY DETOX

Put 100g seedless watermelon flesh, 4 (50g) halved strawberries and ½ sliced banana in a blender. Add 150ml Ocean Spray Light Cranberry Juice and 150ml water. Blend until smooth.

SERVES 2 (AS A SNACK)

NUTRITIONAL INFO

PER SERVE 214kJ (51Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 11g, **fibre** 1g, **sodium** 16mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**

GF

TROPICAL WAKE-UP

Put ½ peeled and chopped mango, 75g peeled, cored and chopped pineapple, ½ sliced banana and 300ml coconut water in a blender. Blend until smooth.

SERVES 2 (AS A SNACK)

NUTRITIONAL INFO

PER SERVE 468kJ (112Cal), **protein** 2g, **total fat** 0g (sat. fat 0g), **carbs** 25g, **fibre** 2g, **sodium** 26mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

BANANA SPICE

Put 1 sliced banana, 2 tbsp rolled oats, 350ml almond milk, ¼ tsp ground cinnamon and a grating of nutmeg in a blender. Add a couple of ice cubes and blend until smooth. Dust with extra cinnamon, if you like.

SERVES 2 (AS A SNACK)

NUTRITIONAL INFO

PER SERVE 561kJ (134Cal), **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 17g, **fibre** 2g, **sodium** 107mg • **Carb exchanges** 1 • **GI estimate** low

Five smoothie recipes to blend your way to happiness – each recipe makes two drinks

GF

GREEN GOODNESS

Put ¼ avocado, halved, peeled and stoned, a handful of baby spinach leaves, 75g peeled, cored and chopped pineapple and the juice of ½ lime in a blender with 300ml 100% apple juice and 2 ice cubes. Blend until smooth.

SERVES 2. (AS A SNACK)

NUTRITIONAL INFO

PER SERVE 393kJ (94Cal), **protein** 1g, **total fat** 3g (sat. fat 0g), **carbs** 14g, **fibre** 3g, **sodium** 22mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GF

BERRY ZINGER

Put 100g fresh or frozen blueberries, ½ sliced banana, ¼ avocado, halved, peeled and stoned, and 300ml 100% apple juice in a blender with the juice of ½ lime. Blend until smooth.

SERVES 2 (AS A SNACK)

NUTRITIONAL INFO

PER SERVE 515kJ (123Cal), **protein** 1g, **total fat** 3g (sat. fat 0g), **carbs** 21g, **fibre** 5g, **sodium** 12mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

HOW OUR
FOOD WORKS
FOR YOU
see page 88

**HOW OUR
FOOD WORKS
FOR YOU**
see page 88



**Peanut butter
smoothie**
Recipe, page 82

breakfast

Raspberry kefir
overnight oats
Recipe, page 82

power MOVES

Start your day off right with these three super-quick, nutritious
and delicious breakfast options

PEANUT BUTTER SMOOTHIE

PREP 5 MINS

SERVES 1 (AS A BREAKFAST)

200ml skim milk
1 banana, peeled and chopped
1 tbsp no-added-salt-or-sugar peanut butter
1 tbsp rolled oats
Pinch ground cinnamon
Pinch allspice
Pinch ground nutmeg (optional)
Small handful ice cubes

1 Put the milk, banana, oats, cinnamon, allspice, nutmeg (if using) and ice cubes in a blender. Blend until smooth.

2 Pour the smoothie into a serving glass. Serve.

NUTRITIONAL INFO

PER SERVE 1330kJ (318Cal),
protein 15g, **total fat** 12g (sat. fat 2g), **carbs** 36g, **fibre** 5g, **sodium** 82mg • **Carb exchanges** 2½
• **GI estimate** low.

RASPBERRY KEFIR OVERNIGHT OATS

PREP 10 MINS (+ OVERNIGHT CHILLING)

SERVES 2 (AS A BREAKFAST)

85g (1 cup) rolled oats
1 tbsp hemp seeds, plus 2 tsp extra, to serve
1 tbsp chia seeds
220g kefir yoghurt
250ml (1 cup) skim milk
125g raspberries, lightly crushed
2 tsp pumpkin seeds, chopped
8g 70% cocoa chocolate, finely chopped

1 Put the oats, 1 tbsp of the hemp seeds and the chia seeds in a bowl. Mix well. Stir in the yoghurt and milk. Cover and chill overnight. The mixture will thicken overnight as it soaks.

2 To serve, spoon the mixture between two glasses. Top with the raspberries, remaining hemp seeds, pumpkin seeds and chocolate.

NUTRITIONAL INFO

PER SERVE 1810kJ (433Cal),
protein 20g, **total fat** 18g (sat. fat 5g), **carbs** 40g, **fibre** 11g, **sodium** 105mg • **Carb exchanges** 2½
• **GI estimate** low

GFO

BREAKFAST SMOOTHIE BOWL

PREP 5 MINS

SERVES 1 (AS A BREAKFAST)

200g frozen mixed berries
1 small ripe banana
80ml (⅓ cup) oat milk or skim milk
1 tsp sugar-free maple syrup
2 tsp vanilla protein powder
½ kiwi fruit, sliced
½ small banana, sliced
⅓ cup fresh berries

TOPPING

2 tbsp granola or gluten-free granola
1 tbsp mixed nuts and seeds
1 tbsp almond spread

1 Put the berries, banana, milk, maple syrup and protein powder in a blender. Blend until smooth. Add a splash more milk if needed, but remember it needs to be quite thick.

2 Spoon the smoothie into a bowl and dot over the fresh fruit, granola and mixed nuts and seeds. Drizzle over the almond spread. Serve.

NUTRITIONAL INFO

PER SERVE 2090kJ (500Cal),
protein 11g, **total fat** 17g (sat. fat 3g), **carbs** 67g, **fibre** 16g, **sodium** 115mg • **Carb exchanges** 4½
• **GI estimate** low • **Gluten-free option**



breakfast

Breakfast
smoothie bowl
Recipe, opposite



RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL IMAGES GETTY IMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

COOK, eAT, eNJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

It can be a struggle to stay hydrated in hot weather – especially if you find plain water a bit dull. There are plenty of water-rich foods that also have the benefit of naturally occurring electrolytes – minerals such as magnesium and potassium that are lost in sweat, but are important for key processes in the body.

These foods may help boost your hydration this summer, but be sure to watch your blood glucose levels as many of these also contain carbohydrates:

Cucumber, Watermelon, Celery,
Tomatoes, Zucchini, Strawberries,
Capsicum, Lettuce, Peaches, Kiwifruit

**10
BEST
FOODS
FOR**

HYDRATION



Supermarket Crush

Simson's Pantry High Protein, Low Carb Street Tacos

Simson's tortillas are perfect for those who love the taste of Mexican food but are looking for a lower carb alternative. The tortillas are a good source of fibre and are far lower in carbs and salt than regular tortillas, with an extra punch of plant-based protein to make you feel fuller for longer. The perfect option for creating your favourite Mexican dishes.

Available at selected Coles stores nationally. RRP \$5.00

food bites

SECOND DESSERT

LC

MIXED BERRY YOGHURT

Smash 1 cup chopped fresh mixed berries to allow the juices to escape. Stir in ¼ tsp vanilla extract and a pinch of ground cinnamon. Spoon ⅓ cup reduced-fat Greek-style natural yoghurt into a serving bowl. Top with the smashed berries. **Serves 1.**

PER SERVE 539kJ (129Cal), **protein** 7g, **total fat** 2g (sat. fat 1g), **carbs** 16g, **fibre** 7g, **sodium** 95mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

QUICK AND EASY SNACKS

GF

APPLE CRISPS

Core 2 Granny Smith apples and slice crossways into 1-2mm-thick slices. Arrange on a tray lined with non-stick baking paper. Sprinkle with ground cinnamon. Bake in an oven preheated to 140°C (fan-forced) for 45-60 minutes or until dried out and light golden, turning halfway during cooking, and removing any slices that are taking on too much colour. Set aside to cool completely to crisp up. Keep in an airtight container. **Serves 2.**

PER SERVE 153kJ (37Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 16g, **fibre** 4g, **sodium** 2mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GFO

TOMATO SALSA & PITA CHIPS

Peel, chop and deseed 4 tomatoes. Put in a small bowl with 2 finely chopped green shallots, 1 small clove crushed garlic, splash red wine or balsamic vinegar, juice of ½ lime and a handful of chopped coriander. Serve with 1 x 65g wholemeal pita bread or gluten-free pita bread, made into oven baked pita chips. **Serves 2.**

PER SERVE 628kJ (150Cal), **protein** 5g, **total fat** 1g (sat. fat 0g), **carbs** 26g, **fibre** 6g, **sodium** 170mg • **Carb exchanges** 1 ½ • **GI estimate** medium • **Gluten-free option**

GFO

LC

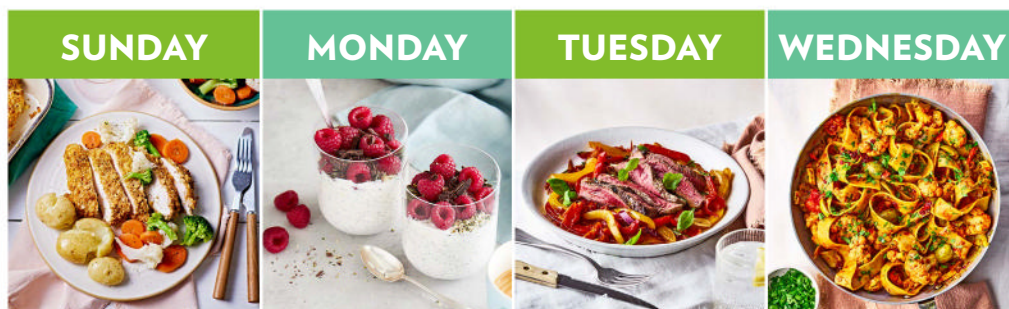
CURRIED TUNA LETTUCE WRAPS

Combine 1 drained 95g tuna in springwater with 1 finely chopped green shallot, 2 tbsp finely chopped red capsicum, a little chopped flat-leaf parsley, a pinch of curry powder or gluten-free curry powder and 1 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise. Season with pepper. Spoon the mixture between 4 baby cos lettuce leaves. **Serves 1.**

PER SERVE 489kJ (117Cal), **protein** 18g, **total fat** 2g (sat. fat 0g), **carbs** 7g, **fibre** 1g, **sodium** 323mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H₂O Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	2 weetbix with $\frac{3}{4}$ cup skim milk & 5 sliced strawberries <i>Pictured above</i>	Breakfast smoothie bowl (p 82)	1 cup fresh fruit salad with $\frac{3}{4}$ cup diet vanilla yoghurt
Snack	Green goodness smoothie (p 79)	Apple crisps (p 85)	2 Vita-weets + 40g reduced fat cheddar
Lunch	Grilled trout with dill & mustard sauce (p 44)	Chicken roll (p 52)	Chicken Caesar salad wrap (p 52)
Optional snack	1 piece of fresh fruit	30g unsalted nuts	1 piece of fresh fruit
Dinner	30g unsalted nuts	1 piece of fresh fruit	Banana spice smoothie (p 79)
Dinner	Garlic & parmesan crumbed chicken with quick giardiniera (p 48) <i>Pictured above</i>	Sumac turkey stuffed pitas (p 18)	Quick steak with peperonata (p 16) <i>Pictured above</i>
Alcohol	Olive, cauliflower & harissa pasta (p 20) <i>Pictured above</i>	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to	
Optional dessert	Chocolate chia pudding (p 74)	Frozen tropical fruit yoghurt (p 77)	Frozen fruit sticks with passionfruit & lime drizzle (p 74)
Exercise	Watermelon iceblock (p 73)	Aim for 20-60 minutes of moderate exercise each day.	

it's easy!

THURSDAY



FRIDAY



SATURDAY



depending on your exercise levels.

1 slice soy linseed bread topped with 1/3 avocado, sliced tomato & 20g reduced fat cheddar

Peanut butter smoothie (p 82)

1 slice soy & linseed bread with 2 poached eggs & 1 cup sauteed mushrooms

Tropical wake-up smoothie (p 79)

2 corn thins topped with 40g reduced fat cheddar and sliced tomato

Fruity detox smoothie (p 79)

Haloumi & beetroot fritters (p 46)
Pictured above

Fennel, mint & mandarin salad (p 42)

Creamy tomato gnocchi (p 42)

170g tub Chobani yoghurt

Tomato salsa & pita chips (p 85)

Apple crisps (p 85)

Salmon, potato & dill salad (p 18)

Sweet chilli salmon lettuce wraps (p 20)
Pictured above

BBQ Haloumi & corn salad (p 32)

have a couple of alcohol-free days a week.

Mini apple & blackberry pudding (p 76)

Mixed berry yoghurt (p 85)

Watermelon iceblock (p 73)
Pictured above

Always discuss your exercise plans with your doctor first.

ROAD TRIPPING SNACKS

Looking for some healthier on-the-road snacks that won't spike your blood glucose levels? Thankfully there are a range of healthier options now available in many of our petrol/ service stations.

FOR A SHORT STOP AND MID-MEAL SNACK, look at the fresh options available like **apples**, **bananas** or pre-chopped **vegie sticks**, these are all full of fibre and great for stabilising your energy levels on the road. You may also be able to pick up a small pack of **nuts and seeds**, just be mindful to keep your portion to approximately 30g, as most of these will come in bigger packets. In the fridge section, many petrol stations will stock **cheese & cracker snack packs** and **yoghurts**.

IF YOU NEED SOMETHING MORE FILLING, look for **whole grain wraps** and **sandwiches with lean protein fillings** such as chicken or turkey, plus plenty of salad.

SKIP THE SUGARY DRINKS, CHIPS, PIES AND LOLLIES, as these will generally send your blood glucose levels soaring, followed by a steep drop in energy levels.



Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

BBQ haloumi &
corn salad
Recipe, page 32

NUTRITIONAL INFO

PER SERVE 1770kJ
(423Cal), **protein** 15g, **total fat** 31g (sat. fat 12g), **carbs** 16g, **fibre** 10g, **sodium** 532mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide,
you can create
the perfect eating
plan for your
needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

living *well*

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

***“You can’t
stop the
waves, but
you can learn
to surf.”***

John Kabat-Zinn

PHOTOGRAPHY GETTY IMAGES

**The costs related to managing your diabetes
can really add up. Here's how do it on a budget**



DIAB€T€\$
DO££A\$

Being diagnosed with diabetes not only brings about significant lifestyle changes but also an added financial burden. From medical appointments to medications, and blood glucose monitoring supplies to insulin delivery devices, the costs can quickly add up. The good news is that having diabetes doesn't have to drain your bank account. Dr Kate Marsh explains how to save on costs without compromising your diabetes care.

\$AVE ON DIABETES SUPPLIES

There are a few ways you can save on diabetes supplies, including blood glucose monitoring equipment, insulin syringes and pen needles, and insulin pump consumables.

JOIN THE NDSS. The National Diabetes Services Scheme provides government-subsidised products to eligible Australians living with diabetes, including blood glucose strips, urine glucose and ketone strips, insulin syringes and pen needles, continuous glucose monitoring (CGM) devices and insulin pump consumables. This can provide big cost savings, particularly for anyone monitoring their blood glucose levels at home and people with type 1 diabetes who are using CGM and/or an insulin pump. It's free to join, but you will need to have your doctor or diabetes educator complete your registration.

For details visit ndss.com.au/about-the-ndss/registration

Ask your diabetes specialist or diabetes educator if they can give you a **FREE BLOOD GLUCOSE METER** or let you know where you can order one. You can also purchase blood glucose meters from your pharmacy, Diabetes Australia (diabetesshop.com) or some diabetes centres. Prices vary so it can pay to shop around, but make sure that the strips for the meter you choose are subsidised on the NDSS. The cost of strips on the NDSS is the same for each meter. If you have private health insurance, you might be able to claim a rebate for your meter.

If you use **DISPOSABLE INSULIN PENS**, these come as part of your prescription. If you use cartridges and refillable pens (available for some types of insulin) you should be able to get a free pen from your diabetes specialist, diabetes educator or pharmacist. Pen needles and syringes are available free through the NDSS, but you need to be registered as a user of insulin or

injectable medications. If you have type 2 diabetes or gestational diabetes and are not using insulin or injectable medications when you are first registered with the NDSS, if you later switch to these medications, you will need to get your doctor or diabetes educator to update your registration.

INSULIN PUMPS cost around \$9000 but if you have private health insurance and your doctor recommends a pump, your fund may pay the full cost, depending on your level of cover. So, if you want a pump and don't have private cover, it might be worth joining up. You will need to wait out the 12-month waiting period, but some companies will loan you a pump in the meantime if you are keen to get started. The consumables (infusion sets and reservoirs or Pods) are subsidised on the NDSS for those with type 1 diabetes (but not type 2) and cost around \$30 per month.





MANAGE MEDICATION COSTS

If you have diabetes, you may be on multiple medications and the cost of this can add up. Here are some tips on keeping your medication costs down.

- Consider your choice of medicine brands. Sometimes, a generic medication, with the same active ingredient, may do the same job as a brand-name medication at a lower cost. Ask your GP whether switching brands is an option for you.
- Make sure your pharmacy has your Medicare number on file, so you get the PBS subsidised price for your prescription medications.
- Ask your doctor if any of your medications are available on a 60-day prescription. From September 2024, you can get twice the medication on a single prescription for almost 300 medications, including many diabetes, cholesterol-lowering and blood pressure medications.
- Check whether you are eligible for the PBS Safety Net. If you have a high out-of-pocket cost for medications, you may be eligible for further reductions in your medication costs through the PBS Safety Net. The safety net provides you with reduced cost or free medications for the rest of the calendar year if you reach a certain threshold for out-of-pocket medication costs within a calendar year. **Learn more at servicesaustralia.gov.au or contact the PBS Information Line on 1800 020 613.**
- If you take a higher dose of a medication than the usual PBS prescription allows, ask your doctor if an authority prescription could reduce your costs. With an authority prescription, you may only pay the same amount as someone on the standard dose.
- Ask your doctor if a different strength of your medication could save you money. For example, you may be able to take one higher strength tablet rather than two tablets of a lower strength, reducing your number of prescriptions.
- If you are concerned about costs and can't afford the medications prescribed to you, talk with your doctor or pharmacist. They may suggest ways to simplify your medication that don't put your health at risk.



CONTAIN THE COST OF MEDICAL APPOINTMENTS

Having diabetes can mean more regular visits to your GP, as well as an endocrinologist and various other specialists and allied health professionals, and the costs can add up. Here are a few tips that might help.

- While you will get a rebate from Medicare for GP and specialist appointments, most will charge a gap and this can vary a lot, so if being out of pocket is a concern, ask the costs when you book. Many doctors will offer reduced rates for pensioners and health care card holders, so remember to ask if this applies. However, finding the right GP and specialists to support you with your diabetes management is important and sometimes paying a little extra for the right person can be a worthwhile investment, so this may be one area not to shop around.
- Most major hospitals have a diabetes service which includes free access to a dietitian and diabetes educator, although many now only offer group sessions (particularly for type 2 and gestational diabetes), possibly with individual follow-up after the group.
- If you see a private allied health practitioner, your GP can put together a Chronic Disease Management Plan for you, which allows them to give you a referral for up to 5 Medicare-subsidised visits per year (a rebate of \$56 per consultation at the time of writing) to various allied health professionals such as a dietitian, diabetes educator, exercise physiologist and/or podiatrist. Most private health funds will also give rebates for allied health as part of extras cover, so check what you are eligible for with your health fund.
- Check whether you are eligible for the Medicare Safety Net. If you spend over a certain amount on medical appointments and tests in a calendar year, you may be eligible for higher rebates for the remainder of the year. **To find out more and register, visit servicesaustralia.gov.au or call Medicare on 132 011.**

WORKOUT ON A BUDGET

Regular exercise is an important part of managing diabetes, but you don't need to join a gym or buy expensive equipment to get fit. Here are a few low-cost workout options.

- Some comfy walking clothes and a good pair of shoes are all you need to get out for a walk, one of the best forms of exercise for most people.
- If you want to step it up, or need an indoor alternative, there are plenty of free or low-cost options available, including YouTube videos or exercise DVDs from your local library.
- Ask your doctor for a referral to an exercise physiologist and get them to develop a home-based exercise program for you, using some inexpensive equipment like resistance bands and a few weights.
- Check out local community-based exercise programs which are much cheaper than privately run group classes.

- If you are registered with the NDSS, you can access the Beat It program, a free 8-week supervised group exercise program run in a variety of locations around Australia, and online.

digital.diabetesaustralia.com.au/beat-it

GET HELP WITH FINDING THE RIGHT HEALTH INSURANCE

Private health insurance doesn't come cheap but can be a worthwhile investment if you have a chronic health problem like diabetes. Premiums vary widely depending on the fund and level of cover, so shop around and make sure you are only paying for things you need. Not sure where to start? The Australian Government has a private health insurance website (privatehealth.gov.au) where you can compare policies from different health insurers to help you choose a policy that is right for you. Once you have taken out insurance, remember to review your policy periodically to ensure it continues to meet your changing healthcare needs.



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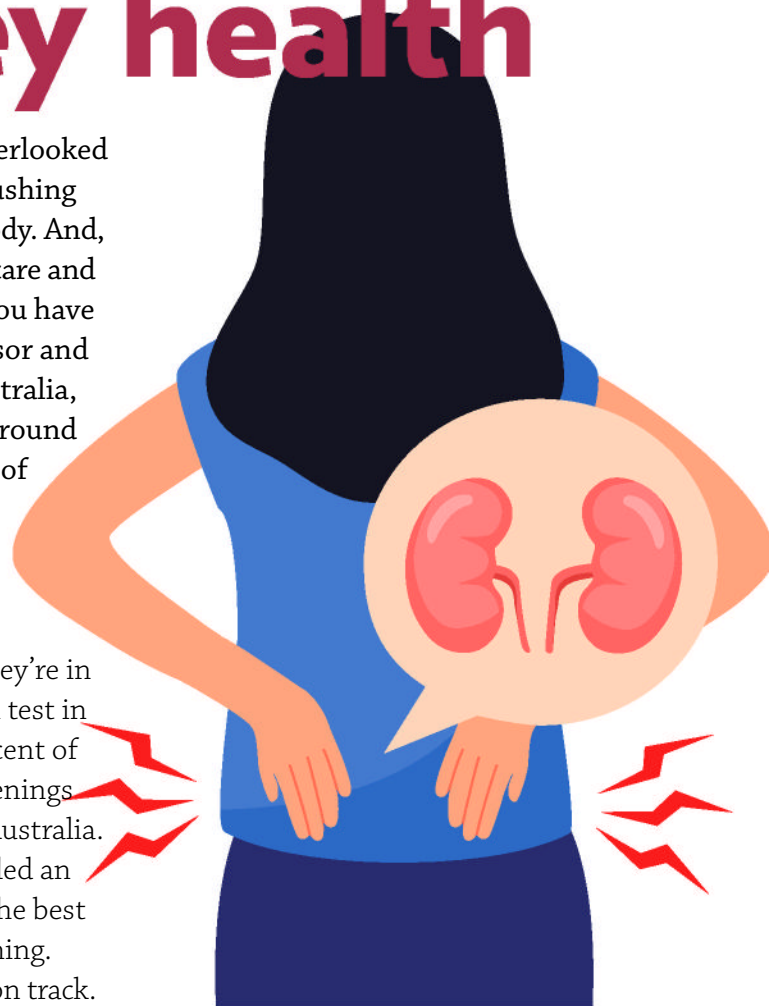
8 **YOUR** VITAL KEYS to kidney health

They're designed to last a lifetime, so the earlier you start looking after your kidneys, the longer they'll be able to serve you well.

Kidneys are like Cinderella – often overlooked and left to do the dirty work, like flushing waste and excess fluid out of your body. And, like Cinderella, they deserve special care and recognition for their efforts, especially when you have diabetes. When interviewed, Associate Professor and former Medical Director of Kidney Health Australia, Tim Mathew said that kidney disease affects around 30 per cent of people with diabetes, the result of damage to their delicate filtration system caused by raised blood glucose levels.

However, there's plenty you can do to keep your kidneys healthy and reduce the risk of problems. Kick off by finding out what shape they're in with a kidney function test. If you haven't had a test in the past year, you're not alone – around 50 per cent of people with diabetes don't have these vital screenings on a regular basis, according to Kidney Health Australia. Yet a simple urine and blood-testing combo, called an eGFR (estimated glomerular filtration rate), is the best window into how well your kidneys are functioning.

The following pointers will also help keep you on track.





Give up smoking

Kidneys need a healthy supply of blood. Smoking can damage blood vessels, which reduces the blood flow to your kidneys.

When you smoke, it more than doubles your risk of developing kidney disease and accelerates existing disease, said Associate Professor Mathew.

Control your blood sugar

Keeping your HbA1c below seven per cent is the best thing you can do to keep your kidneys healthy, says advanced accredited practising dietitian Kelly Lambert, of Wollongong Hospital's Renal Unit. Along with diet and medication, exercise is really important for blood glucose control, as well as keeping your weight down.

"People often say, 'I play bowls and I'm active around the house.' But it's not enough. Get a fitness tracker and aim for at least 10,000 steps a day – and more, if you're overweight," she urges. "Aim for a pace that equals about 3000 steps in 30 minutes."



Beware of salt substitutes

Don't automatically assume that sodium-free salt substitutes are safe.

Those containing potassium (for example, Lite Salt or Salt Rite) are not an option if you have kidney disease. If your kidneys aren't filtering out waste efficiently, potassium can build up in your system and cause heart arrhythmia, says Matthew Cervelli, formerly a specialist renal clinical pharmacist with the Royal Adelaide Hospital. If you're in doubt, ask your GP or dietitian.



Quench your thirst

While no single formula suits

everyone, knowing more about your body's need for fluids will help you estimate how much water to drink daily. Kidney Health Australia advises being guided by your thirst. But, as excessive thirst can be a sign of high blood glucose levels, it's a good idea to check your levels if a long drink of water doesn't quench your thirst. Remember to top up your fluids when exercising, and in hot weather, as you can dehydrate quickly when sweating. If you have kidney disease, ask your specialist how much is appropriate for you.

Watch your cholesterol levels

This is important because high blood fats can damage blood vessels, including those in your kidneys, says dietitian Kelly Lambert. This means avoiding processed foods, which tend to be rich in saturated and trans fats. Also opt for lean meat, eat fish 2-3 times a week, use unsaturated oils and spreads, and choose low-fat dairy.

Take heed of warning signs

●● It is possible to lose up to 90 per cent of the function of your kidneys before symptoms become obvious. And, when they can no longer do their job effectively, dialysis – a time-consuming medical procedure for filtering waste from the body – is the next step. Kidney transplantation is an option, but it's only available to a small minority of people. Around 1.7 million Australians over 25 have some symptoms of kidney disease, but with regular checks, signs of trouble can be caught early and tackled promptly.

Check your meds

Knowing about the medication you're taking and how they can affect you is critical to your kidney health.

■ **Complementary medicines:** Tell your doctor about any herbal or other complementary medicines you take. Some products can damage the kidneys, or may contain ingredients that can interfere with your body's electrolyte balance, explains pharmacist Matthew Cervelli. (Electrolytes are minerals, such as potassium and calcium, that maintain the right fluid balance in the body.)

■ **Non-steroidal anti-inflammatory drugs (NSAIDs):** These drugs, such as Nurofen, Voltaren or Celebrex, used for relief of pain and stiffness, can also reduce the rate at which your kidneys filter waste from your body, leading to potentially dangerous and irreversible fluid retention. Cervelli advises you consult your doctor before taking NSAIDs. Using paracetamol in the normal dosage is fine.

■ **Angiotension II Receptor Blockers (ARBs) and ACE Inhibitors:** While often successful in controlling blood pressure and preserving kidney function, ARBs (such as Avapro and Karvea) and Ace Inhibitors (such as Monopril and Zestril) can, in some cases, have the reverse effect, says Cervelli.

"If you become unwell, have diarrhoea, are vomiting, or become dehydrated, see your doctor as soon as possible," Cervelli advises.

■ **Metformin:** Often the first medication to be prescribed to aid blood glucose control in people with type 2, metformin is a great drug – as long as you don't have moderate to severe kidney disease, warns Cervelli.

"If your kidneys aren't working well, they may not be clearing metformin out of your system. This can cause a build-up of acid in the blood, which can be serious and sometimes fatal," he says.

Kidney specialists warn that people prescribed this medication should ensure they have regular kidney function tests and discuss the results with their doctor.

"If you have kidney disease and your GFR is only 60ml per minute, or below, your doctor should be reducing the amount of metformin you take. If your kidney function drops to 30 per cent, you should stop taking it altogether. An alternative drug is gliclazide (Diamicon), which is safe, even with reduced GFR," said Associate Professor Mathew.

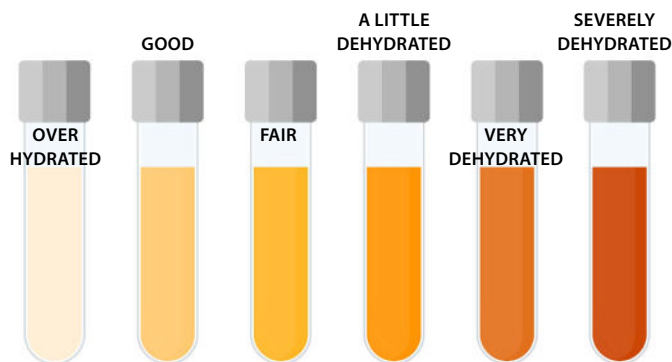
Kidney specialists warn that people prescribed metformin should ensure they have regular kidney function tests.

Keep the blood pressure down

Your blood vessels, including those in your kidneys, can be damaged by high blood pressure, which makes it harder for them to clean waste and extra fluid from your body. And fluid retention can push blood pressure up further, making you retain even more fluid – a vicious cycle that puts unnecessary strain on arteries and kidneys. The key to healthy blood pressure is lots of exercise, a modest alcohol intake and a low-salt intake, says dietitian Kelly Lambert.

“The biggest culprit in our diet isn’t what you add at home, but rather the salt in bread, biscuits and other processed foods,” she points out. “Shopping around helps you reduce the salt in your diet. Compare the nutrition panels of processed foods and buy products with less than 120mg of sodium per 100g. Sea salt, vegetable salt and rock salt have the same effect on blood pressure as table salt,” says Lambert.

“Eating plenty of fruit and vegetables will help reduce your blood pressure, together with three serves of low-fat dairy foods daily. Always look for products with the lowest levels of sodium,” adds Lambert.



Treat urinary tract infections pronto

A prickly sensation or burning when urinating, a strong urge to urinate, even when you only pass a few drops, or cloudy, smelly urine that may contain blood are all signs of an infection lower down in the urinary tract (such as cystitis in the bladder or urethritis in the urethra).

Diabetes can make you more prone to urinary tract infections (UTIs) if blood glucose levels aren’t well controlled. And, if infections are allowed to spread to the kidneys (fever and back pain are symptoms), the impact can be serious, says Kidney Health Australia. UTIs are more common in women, especially the elderly.

Fine filters

●● Inside each kidney is around a million tiny units, known as nephrons. Each unit has a filter, called a glomerulus, which filters your blood, flushing out any waste products in your urine (including any potential toxins such as the by-products of some drugs). The rate at which kidneys filter out this waste is known as the glomerular filtration rate (GFR). A healthy 20-year-old will have a GFR of 100 per cent whereas a healthy 80-year-old will have a GFR of 70 per cent. In other words, our GFR becomes less efficient with age, explains Associate Professor Mathew. On average, we lose half a per cent of GFR a year as we age, but with poorly controlled diabetes, you can lose 5-8 per cent, he says.



Your kidney care plan

●● **Have regular blood pressure checks** and keep a record. The ideal blood pressure for a person free of kidney problems is less than 130/80, according to Diabetes Australia NSW, but when you have kidney damage, the ideal is 125/75, or lower.

●● **Ask your doctor to check your kidney** function regularly, with both a blood test to find out your glomerular filtration rate or GFR (the rate at which your kidneys filter out waste) and a urine test to check for signs of protein in your urine (a symptom of kidney damage), said Associate Professor Mathew. Because kidney function usually worsens slowly, discovering problems early means that medication, diet and lifestyle changes can slow this process down. Work hard at blood glucose control, and ask your doctor for an HbA1c test every three to six months.

●● **Take your medication as prescribed, but** ask your doctor whether your medication needs reviewing, especially if your kidney function changes. You can also ask your doctor for a Home Medicine Review, where a pharmacist visits your home to review all your medications, says specialist renal clinical pharmacist Matthew Cervelli.



“Respect your body”

Preoccupied by his wife Elaine's terminal illness, Laurie J. paid scant attention when he developed symptoms of kidney disease. The 75-year-old from Mount Waverley, Victoria, had had type 2 diabetes for 10 years. For five years, he managed it effectively with medication, exercise and healthy living. But things started unravelling, he admits, just before Elaine died from pancreatic cancer in 2004.

“I was with her every day for the last six months,” Laurie recalls. “I was having symptoms of kidney trouble—terrible back pain. But I thought, what’s my pain? I just ignored it.”

Laurie was lucky. Doctors discovered his kidney was damaged via an MRI that he needed for another medical condition not long after his wife's death.

“I went for a scan and my doctor said they’d do an MRI instead of an ultrasound, and that’s when they picked it up. They said I must’ve been in agony. But I was in a dream after Elaine died. I went in and had a kidney removed,” he says.

Fortunately, his second kidney has stayed the distance.

“My sister had a kidney removed, so they think it was a genetic thing.”

Since then, Laurie's health has improved. He walks 30 minutes a day, is aware of what he eats and has gone onto insulin to stabilise his erratic blood glucose levels. He's a big believer in getting good care.

“Respect your body and look after it, and it’ll look after you,” says Laurie.



A person wearing a blue long-sleeved shirt and dark plaid pants is crouching in a doorway. They are holding a clear plastic container filled with a red liquid. The scene is dimly lit, with light coming from the doorway, creating a dramatic effect. The person's face is not visible as they are looking down at the container.

BIN THE BINGE

Many people find themselves overeating at night, especially after a long day.

It's a habit that can feel uncontrollable, leading to feelings of guilt and frustration.

If you're one of the many who find themselves raiding the fridge before bed, you might wonder why it keeps happening and what can be done about it.

The first step is understanding the root causes of nighttime overeating. From there, you'll have a better idea of how you can address your triggers and finally break the cycle. Let's dive into it.

The difference between physical and emotional hunger

Your body needs fuel to function properly and it is pretty good at telling you when it's time for an energy top-up through physical sensations like stomach rumbling or a feeling of emptiness in your belly. This is called physical or biological hunger. It builds up gradually and can be satisfied by any food.

Nighttime overeating, though, is often about emotional hunger which comes on suddenly, demands immediate satisfaction, and leads to cravings for specific comfort (and not-so-healthy) foods.

Engaging in emotional eating here and there isn't problematic – after all, who hasn't grabbed a sweet treat on their way home after a particularly stressful day at work? It's when it becomes a regular occurrence – when you start to do it most nights – that you may want to work on identifying your triggers and finding healthier ways to cope.

These triggers can vary from person to person, but three of the most common ones include:

STRESS: Although for some people, stress leads to a decrease in appetite, for others, it has the opposite effect. According to a survey by the Australian Psychological Society, 75% of Australians turned to food as a way to cope with stress.

BOREDOM: If you don't have anything else to occupy your time, it's easy to reach for food to fill the gap – especially at night when you're not doing anything except decompressing.

LONELINESS: Eating can become a companion when other sources of support are lacking.

Using food as a coping mechanism can lead to a cycle of overeating and guilt. After overeating, many people feel ashamed or disappointed in themselves, which can trigger even more emotional eating in an attempt to soothe these negative feelings.



The link between sleep deprivation and overeating

Another major factor in nighttime overeating is lack of sleep. Sleep and appetite are closely linked, with hormones like ghrelin and leptin playing crucial roles in regulating hunger. The first one signals hunger to the brain, while the latter tells the brain when you're full.

When you don't get enough sleep, your ghrelin levels increase and your leptin levels decrease, which means you feel hungrier to begin with and less satisfied after eating. You also tend to reach for more calorie-dense foods (particularly those high in sugar and fat) for the quick energy boost your sleep-deprived body is craving.

Improving your sleep hygiene can help regulate these hunger hormones and reduce the urge to overeat at night. How? Going to bed at the same time every night, reducing screen time before bed and sleeping in a dark room are great starting points.

The "binge-restrict" cycle

Another common reason for overeating at night is being overly restrictive during the day, whether that's by limiting your calorie intake too much or cutting out entire food groups. If you're trying to lose weight, it's easy to adopt habits like this as a way to fast-track your progress, but you likely end up with the opposite result.

Your body is wired for survival, so when it perceives a shortage of food, it compensates by ramping

up hunger signals – especially if you've been following a diet that severely limits carbohydrates, fats, or calories. Over time, its natural response is to crave high-calorie, high-carb foods to replenish its energy stores.

The trap of mindless snacking

Did you know that people who eat while distracted can be 17% heavier than those who don't? If you've gotten into the routine of eating while watching TV, browsing your phone, or engaging in other activities, it can be easy to lose track of how much you're eating – and start mindless eating.

This goes back to the point we made before about physical vs emotional hunger because when you're distracted, it's trickier to recognise your hunger and fullness cues. It's easy to eat past the point of being satisfied, especially when you're snacking on things like chips, biscuits, or ice cream. Over time, this can become a deeply ingrained habit and suddenly, you can't go a night without having a treat (or two, or three).

To break the habit of mindless eating, it's important to become more intentional about your eating habits. Practice mindful eating by paying attention to your hunger levels before reaching for food, getting rid of distractions and savouring each bite. This way, it will become easier to recognise when you're full and it's time to stop eating.

Addressing nutritional deficiencies

In some cases, overeating at night is simply a sign that your body is lacking certain nutrients – perhaps because the meals you eat during the day lack key nutrients like protein, healthy fats, or fibre.

Protein, in particular, is important for keeping hunger at bay, as it helps regulate appetite and promote feelings of fullness; and fibre-rich foods like vegetables, fruits, and whole grains can help you feel fuller for longer and reduce the urge to snack at night.

So, what do you do to stop overeating at night?

If nighttime overeating has become a pattern, it's important to take steps to break the cycle. To help us understand how, we spoke with Dr Kirsty Wallace-Hor, a Specialist GP at Juniper.

"If you think your mood or emotions are influencing your night eating behaviours, it's important to address them. This might mean seeing a health professional or counsellor. Other measures that can help include regular exercise, optimising your sleep, relaxation techniques like meditation and avoiding nicotine and alcohol. If boredom is an issue, try to find ways to keep yourself busy or distracted – such as making regular plans at night, exercising or going for a walk."

Taking a more structured approach to eating and sleeping



can also help, she explains: “Meal planning and eating regularly during the day can improve your chances of eating a balanced diet that isn’t too heavily skewed towards the latter part of the day. If you are trying to reduce calories, be wary of being overly restrictive as this can sometimes lead to the urge to binge. Seeing a dietitian can help with this.”

“If you want to avoid getting hungry later in the evenings, avoid early dinners and consider adding more protein to your meals. Keep well hydrated and if you’re a snacker, stock your kitchen with healthy options like fruit, nuts and yoghurt.”

“If you’re consuming large amounts of food in a short period of time or feel like you don’t have control of your eating, I recommend seeing your GP to exclude conditions such as night eating syndrome or binge eating disorder. The Butterfly Foundation is also a great resource.”

*Your body is wired
for survival, so
when it perceives
a shortage of food,
it compensates
by ramping up
hunger signals*

A top-down view of various fitness and health-related items arranged on a dark green, textured surface. In the top left, a clear plastic water bottle with a blue cap lies horizontally. Below it is a small, white, open pill container. To the right of the pill container are two white, wireless earbuds. In the center, a black smartphone displays a photo of a woman in athletic wear running. Below the earbuds is a black, flexible fitness band. In the bottom left, a brown and orange sneaker is partially visible, with its laces and a small orange strap nearby. A brown jacket with a grey knitted cuff is also visible on the left side.

The motivation to turn your health around might be sitting in your pocket. New research has shown that digital tools such as mobile apps can have a significant impact on our health and wellbeing.

An extensive analysis conducted by Dr Ben Singh from the University of South Australia, and colleagues from other Australian and international universities, examined data collected from 206,873 people across 47 studies, and found that digital health tools such as mobile apps, websites and text messages had the potential to help motivate people to make improvements to their diet, daily movement and sleep.

An estimated 97% of Australians between the ages of 16-64 own at least one smartphone. Mobile apps are popular, easily accessible, and affordable. "The evidence is pretty strong to say these apps are very effective for improving diet, sleep (duration and quality), and to help us become more active, by providing motivation and assisting with goal setting," says Dr Singh. "We can use these apps to set goals for things like what we eat each day (and how much), how much exercise and activity we want to achieve, and sleep goals such as what time to go to bed and wake up."

e-HEALTH FOR DIABETES

These findings are highly relevant to people living with diabetes, says Dr Singh. It is particularly important to note that the findings of the analysis identified consistent results across different age groups and diverse populations, since diabetes affects people of all ages and health statuses.

"Dietary improvements are fundamental to diabetes management, aiding in blood glucose control and weight management," says Dr Singh. Improvements in daily physical activity also assist with managing BGLs, enhancing insulin sensitivity and supporting cardiovascular health in both type 1 and type 2 diabetes. And poor sleep is associated with impaired glucose metabolism and insulin resistance. A better night's sleep makes a positive impact on glycaemic control and appetite regulation.

Another benefit to mobile apps, adds Dr Singh, is their accessibility. Although it is important to remember that apps are not designed to replace face-to-face contact with health professionals, their accessibility means they can reach people with limited access to in-person diabetes education.

The analysis found that digital health tools can help people achieve:

- » 1329 more steps per day
- » 55 minutes more moderate-to-vigorous exercise per week
- » 45 minutes more overall physical activity per week
- » 7 hours less sedentary behaviour per week
- » 103 fewer calories consumed per day
- » 20% more fruits and vegetables consumed per day
- » 5.5 grams less saturated fat consumed per day
- » 1.9 kilograms of weight loss over 12 weeks
- » Improved sleep quality and less severe insomnia

SWIPE RIGHT ON YOUR HEALTH

DON'T WORRY, BE 'APPY

Whether you have an Apple, Android, or something else, there are a myriad of apps to choose from. In fact, one of the downsides is that there are arguably too many to choose from, which can be overwhelming and hard to know which one/s might be best for you. Here are our tips to help you decide:

KEEP IT SIMPLE - most smartphones have an in-built health app, e.g. Google Fit for Android and The Health App for Apple phones. These apps usually track the number of steps taken and distance travelled throughout the day, your sleep, your weight and amount of energy expended.

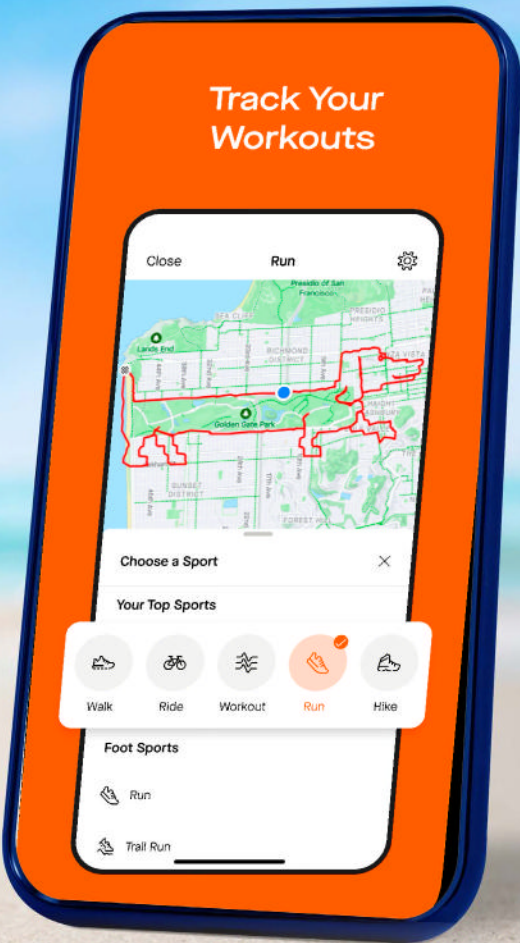
WEARABLES – wearable tech such as fitness tracking watches (e.g. Garmin, Fitbit, and other smartwatches like Apple or Samsung) can greatly enhance the data you receive about your health and fitness. Many can monitor your heart rate, sleep patterns, stress levels, some can even measure your blood pressure and ECG data. These wearables also usually have their own app that you need to download to sync your data.

FREE-FOR-ALL – there are lots of free apps available from the App

Store (for Apple) or the Play Store (for Android). Consider how you'll be using the app, whether its features suit you, and the rating and popularity in the store. For instance, a rating of 4.5 stars from 10,000 reviews is more reliable than a 5-star rating from only 50 reviews. Read through written reviews to help you decide if an app seems like a good fit.

LEVEL UP – some apps have a free version and a paid version. The free version will be much simpler but it's worth giving it a try to see if it works for you, before paying for the version that has more features.

PHONE A FRIEND – if you feel overwhelmed by the choices, try asking your family and friends what apps they use, especially if they have similar lifestyles or needs to you. Apps or websites that foster a sense of community can be especially motivating.



Strava art challenge

SOME APPS WE LOVE

Diet	MyFitnessPal	Calorie counter and food tracker with a huge database of foods, including a barcode scanner that automatically adds nutritional info to your diary. Set nutritional and weight loss goals and connect with friends who use the app.	Free and subscription (\$30/month)
Exercise	Strava	Workout tracker with a great social network - follow your friends and favourite athletes. Track your walk, run, bike ride or hike, using a wearable device or in-app. The free version offers enough data to satisfy most amateur athletes.	Free and subscription (\$15/month)
Sleep	SleepScore	Set sleep goals and get customised advice to help you achieve them. The app provides sleep data and has a smart alarm clock function that wakes you up gradually, during your lightest sleep cycle.	Free and subscription (\$15/month)

WRITTEN BY ERIN ROBERTS PHOTOGRAPHY GETTY IMAGES



THE DOPAMINE BRAIN

Dopamine has been making headlines lately.

In her new book *The Dopamine Brain*, Dr Anastasia Hronis uses science to examine dopamine, balancing purpose and pleasure and how to build behavioural control. In this chapter she busts some of the myths around this complex neurotransmitter

Science is complex. The brain is complex. And neurotransmitters are complex. Explaining how a neurotransmitter like dopamine works isn't easy. Unfortunately, it can be simplified so much that the explanation loses meaning and becomes incorrect! Why does this happen? Well, for one, many scientific concepts require a deep understanding of specialised fields. Simplifying these concepts for a general audience can be difficult. What's more, scientific research often deals with nuanced findings that don't always neatly fit into simple narratives, and media (and particularly social media) tend to favour easily digestible stories. Now add to the mix headlines that sensationalise stories, social media influencers who explain (often poorly) scientific concepts, and our predilection for confirmation bias (that is, the desire to seek out information that confirms what we already believe), and we have ourselves a mixing pot for misinformation!

This chapter is all about correcting some of the myths you might have heard and might even believe about dopamine, all the way from what a 'dopamine detox' is to the role dopamine plays in addictions.

Myth

A PERSON CAN **DETOX** FROM DOPAMINE

FACT: Wrong! You can never detox from dopamine. Detoxification, or 'detox' for short, is when you eliminate a chemical from your body. When someone abstains from a substance, the body is able to rid itself of that particular toxin or unhealthy substance.

In the context of dopamine, a detox is impossible. Dopamine is naturally occurring. It plays a significant role in various aspects of human physiology. It's involved in not only the pleasure and reward centre of the brain, but in motor control, motivation, arousal, memory, sleep and executive functioning. If we completely detoxed from dopamine we wouldn't be able to function let alone stay alive! In fact, our body biologically won't allow us to detox from dopamine, as it is naturally and automatically produced.

When the idea of a 'dopamine detox' became popular, it was unfortunately taken to mean something different from what was intended. A dopamine detox was meant to refer to detoxing (or avoiding) the behaviours and substances that activate the dopamine pathways in the brain – for example, abstaining from social media, technology, or alcohol for a period of time. The 'dopamine detox' was misinterpreted, spread through social media and then promoted as a lifestyle and productivity trend in Silicon Valley in California, which further added to its appeal. Later in this book, we'll talk about healthy ways to detox from the substances or behaviours that are excessively activating your dopamine reward pathways. We'll also look at how we can build behavioural control in evidence-based ways.



Myth

YOU CAN BECOME **ADDICTED** TO DOPAMINE



FACT: Wrong! You cannot become addicted to dopamine because it's not inherently addictive. It is a chemical messenger that helps us pay attention and repeat certain actions or experiences. What really happens is people become addicted to activities or substances which produce dopamine. When we constantly engage with something that produces dopamine, like drinking or gambling, for example, the brain becomes conditioned to seek out more and more similar experiences in order to receive more and more dopamine. However, the brain also becomes used to the dopamine circuit being activated, meaning we need more and more intense experiences in order to feel that same level of excitement. In this way, we become addicted to what produces the dopamine, rather than the dopamine itself.

Myth

THE MORE DOPAMINE YOU HAVE THE **HAPPIER** YOU ARE



FACT: The relationship between dopamine and happiness is more complex than a simple formula of 'more dopamine = more happiness'. Dopamine is involved in the experience and pursuit of pleasure. However, if we continuously seek out activities and substances that lead to a surge in dopamine, it results in 'tolerance'. This means that the same level of stimulation – from drinking to gambling to excessive social media posting – no longer produces the same level of pleasure.

Our brain naturally wants to remain in a state of 'homeostasis', that is, in a state of internal balance. It therefore won't allow us to consistently remain on a dopamine 'high'. Tolerance will build and our brain will change the way it produces dopamine to regulate our experiences. This is where we run the risk of slipping into addiction, as the hunt for more stimulation can become compulsive.

Myth

DOPAMINE IS **SOLELY** RESPONSIBLE FOR HAPPINESS

FACT: Again, false. Happiness is a complex emotional state influenced by so much more than just dopamine. There are multiple neurotransmitters that are involved in the process of regulating mood and emotions such as serotonin, endorphins and oxytocin. Beyond this, our circumstances, our life experiences and our biological emotional sensitivity all play a part in how we perceive happiness.



Myth

BOOSTING DOPAMINE LEVELS **CAN** IMPROVE FOCUS AND PRODUCTIVITY



FACT: This needs to be considered carefully. Remember how we said science is complex, people are complex and there are lots of nuances? Well, here's where that applies! Both too much and too little dopamine can negatively affect our focus and productivity. While an increase may enhance focus and productivity for some

tasks, it can also have the opposite effect, resulting in distractibility, impulsivity and a decrease in cognitive regulation. Individual factors such as genetics and overall health influence how a person responds to changes in dopamine levels. Balance is key and a one-size-fits-all approach does not apply here.

ADHD IS A NEURODEVELOPMENT CONDITION WHICH IS CHARACTERISED BY PERSISTENT PATTERNS OF INATTENTION, HYPERACTIVITY AND IMPULSIVITY.



Dopamine is said to play a key role in the condition Attention Deficit Hyperactivity Disorder (ADHD).



These features affect day-to-day life for people with the condition. ADHD is typically diagnosed in childhood, although in recent years there's been an increase in adults being diagnosed. There have been a number of theories as to why, with some experts worrying about the risk of over-diagnosis, and the corresponding over-prescription of stimulant medications. However, it is also likely that as awareness and healthcare have progressed, so too has the diagnosis of adults who potentially struggled with learning, emotional regulation and socialisation throughout childhood.

Since 1999, studies have examined the role dopamine plays in ADHD. Back then, researchers found a 70 per cent increase in dopamine transporter density (or DTD) in adults with ADHD, compared to those who didn't have ADHD. Higher DTD results in less dopamine, which might be a risk factor for ADHD. Since then, there have been many more studies that consistently show a link between DTD and ADHD.

DTD certainly doesn't always indicate ADHD, but it may be a useful screening measure.

The main medications prescribed to treat ADHD are stimulants such as dexamfetamine, methylphenidate (sold as Ritalin or Concerta) and lisdexamfetamine (sold as Vyvanse). These medications work by increasing the amount of dopamine and noradrenaline in the brain by blocking the transporter that prevents their re-uptake and rapid removal. This occurs in the prefrontal cortex, the part responsible for our executive functions such as attention and impulse control. While stimulants do not help with all ADHD symptoms, they reduce the symptoms in about 70 to 80 per cent of adults.

The myth has likely prevailed because people taking the stimulants do feel different. They are, after all, taking a medication that speeds up the messages travelling between the body and the brain. People may 'feel' more alert, but this does not necessarily mean they are more productive.

BOOK EXTRACT



A 24-HOUR 'DETOX' FROM ACTIVITIES OR SUBSTANCES THAT CREATE DOPAMINE SPIKES CAN RESET OUR DOPAMINE LEVELS

FACT: Don't believe everything you hear on social media! Again, we have a case of oversimplification, perpetuated by social media influencers. Twenty-four-hour 'dopamine fasting' is a lifestyle trend that has become popular in Silicon Valley, where people cut themselves off from almost all stimulation for a day. Through this process, their aim was to abstain from actions that are associated with hits of dopamine and 'reset' their dopamine levels. It is true that excessive and chronic stimulation of our dopamine system can lead to desensitisation of dopamine receptors and a reduced sense of pleasure (what we refer to as building a tolerance). However, the answer to this is not as simple as a short 24-hour detox from certain activities.

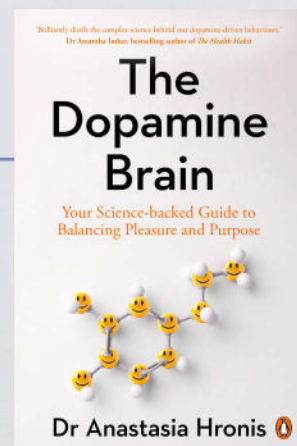
In reality, dopamine regulation is a complex process influenced by many factors, and it doesn't

undergo a sudden rest in a short 24-hour period. In fact, it is almost impossible to detox from everything that produces dopamine. Dopamine can come from small but pleasurable things like eating something that tastes nice, hearing music that you enjoy or spending time with a good friend. This isn't to say that abstaining from actions associated with dopamine for twenty-four hours can't be a useful thing. But let's be clear about what's actually happening. A 24-hour 'detox' ends



up being more about experiencing the discomfort of withdrawing from things like checking social media or eating sugar, and practising building behavioural control over the urge to return to that behaviour or food. In fact, it's barely that. Twenty-four hours is only enough time to distract ourselves through some cravings or urges. It's not long enough to make long-lasting, meaningful change. Unfortunately, that takes time and is a tougher process. In the case of addictions, it takes far longer than twenty-four hours to reset both the level of homeostasis in the brain and our dopamine levels.

It's unrealistic to expect change to happen too quickly and dramatically. It's better to make small changes, which are more easily implemented into our day-to-day life, rather than drastic changes that are likely unsustainable.



Edited extract from
The Dopamine Brain
by Anastasia Hronis
(Penguin, \$36.99).
Available in
bookstores now.

Seize the DAY



and the NIGHT

Circadian health, the regulation of our internal body clock, plays a crucial role in many bodily functions, including metabolism, insulin sensitivity, and blood glucose regulation. For people living with diabetes, disruptions in circadian rhythms, such as irregular sleep patterns or shift work, can make blood glucose management more challenging. DL Magazine dietitian and diabetes educator, Dr Kate Marsh discusses the connection between circadian health and diabetes, providing practical tips to help you better align your daily routines with your body's natural rhythms to help with managing diabetes and optimising your overall health and wellbeing.

CIRCADIAN RHYTHMS EXPLAINED

Your body clock is an internal clock which helps to regulate the timing of different processes in the body, including circadian rhythms. Circadian rhythms follow a roughly 24-hour cycle and regulate things like sleep/wake cycles, body temperature, blood pressure, hormone secretion and immune function.

The main factor affecting our circadian clock is light, which is why circadian rhythms are closely aligned with day and night. However, other environmental factors also play a role, including shift work, irregular and/or poor sleep habits, meal timing and travelling across different time zones.

WHY CIRCADIAN HEALTH MATTERS

Disruptions to your circadian rhythm can have both short-term and long-term effects on your mental and physical health, including increasing the risk of type 2 diabetes and other chronic health conditions such as obesity, heart disease and cancer.

Research shows that circadian rhythms influence how the body processes glucose. Insulin sensitivity, a measure of how effectively the body metabolises glucose, fluctuates throughout the day. It is typically higher in the morning and lower in the evening. When there is a misalignment between our daily activities and internal clocks, this disrupts our circadian rhythm, which can affect the normal pattern of insulin sensitivity, leading to worsening insulin resistance (the underlying problem in type 2 diabetes) and increased blood glucose levels. For people at risk, this can increase the chances of developing type 2 diabetes. For individuals living with diabetes, it can make it more difficult to manage blood glucose levels, potentially increasing the risk of diabetes-related complications.



FACTORS THAT NEGATIVELY AFFECT YOUR CIRCADIAN RHYTHM

- ☐ Shift work, particularly overnight shifts or work shifts with varying hours - if you are a shift worker, optimising the timing of your meals, exercise and sleep around your work schedule may help to reduce the negative impacts of shift work
- ☐ Irregular sleep habits including having different sleep timing on work and non-work days (known as social jetlag) and/or unequal sleep duration on work days and non-work days, often to compensate for sleep deficit on work days (known as social sleep restriction)
- ☐ Lifestyle habits that mean you stay up late or wake very early
- ☐ Other factors affecting sleep habits, including watching bright screens close to bedtime and not having a comfortable sleeping environment
- ☐ Meal timing, including eating at irregular times and eating or drinking late at night
- ☐ Travelling across different time zones
- ☐ Certain medications
- ☐ Stress and anxiety

sleep

CIRCADIAN HEALTH AND SLEEP

Sleep and circadian health are closely linked. The circadian clock regulates the sleep-wake cycle, telling the body when to feel alert and when to rest. Making sure you have a regular sleep schedule that matches your body's natural rhythm is important for your overall health, especially if you have diabetes. The amount and quality of your sleep directly affect your glucose metabolism, insulin sensitivity, and appetite regulation. Several studies have shown that both short sleep duration and poor-quality sleep can increase the risk of developing type 2 diabetes.

CIRCADIAN HEALTH AND MEAL TIMING

It's not just what we eat that is important for managing blood glucose levels, but also the timing of meals. Researchers have found that eating patterns that align with our circadian rhythms may help in improving insulin sensitivity, reducing the risk of developing type 2 diabetes, and managing blood glucose levels in people with type 2 diabetes.

The uptake of glucose by muscles and production of insulin by the pancreas are regulated by our circadian clock and work better earlier in the day rather than later. This means that our bodies work best to digest and metabolise food earlier in the day and to sleep and fast later in the day. Eating patterns that don't align with our circadian rhythms, such as skipping breakfast and late-night snacking, can lead to high blood glucose levels and weight gain. Maintaining a consistent eating schedule may also be important.



STRATEGIES FOR OPTIMISING YOUR CIRCADIAN RHYTHM

- Have a regular daily routine, including regular wake and sleep times and eating at similar times each day, both on work and non-work days
- Spend time outdoors during daylight, particularly in the morning
- Exercise regularly, particularly during daylight hours, aiming for at least 30 minutes of moderate intensity exercise most days
- Build good sleep habits
- Have a comfortable sleep environment
- Avoid bright light in the evenings – dim your lights or use lamps instead of overhead lights, and avoid or limit screen time before bed
- Avoid alcohol, caffeine and nicotine in the evenings, all of which can affect sleep quality
- Avoid late afternoon and evening naps
- Aim for consistent mealtimes, preferably eating more of your food intake earlier in the day and avoiding late-night meals and snacking (see Top tips for timing your meals)

TOP TIPS FOR TIMING YOUR MEALS

DON'T SKIP BREAKFAST.

Our bodies are designed to metabolise food better earlier in the day. Missing this meal can lead to higher blood glucose levels across the rest of the day, can increase appetite and may lead to weight gain.

SWAP LUNCH AND DINNER.

If you struggle to eat a big breakfast, or just don't have time, then make lunch your main meal of the day. Eating more of your daily energy intake by early afternoon can provide significant health benefits.



AIM FOR A LIGHT DINNER

and finish eating as early as possible, but at least 2-3 hours before you go to bed.

AVOID LATE NIGHT SNACKING. A consistent message from the research is that to improve your metabolic health, it is best to avoid snacking at night.

The aim of managing type 2 diabetes is to keep your blood glucose levels as close as possible to the target range set by your doctor. This makes maintaining a healthy diet the first port of call.

But changing your eating habits is no small feat - especially when most adults receive their diagnosis at over 45 years old. With many people developing habits that become second nature over decades, many of us aren't even aware how they could be holding us back from better health.

And when it comes to a diagnosis as serious as type 2 diabetes, there really is no time to waste.

In fact, a CSIRO analysis of nearly 2,000 Australians has revealed important differences in eating habits between participants who were successfully managing their weight versus those in earlier stages of the weight loss journey.

NEW YEAR **new** HABITS

When living with type 2 diabetes, effective weight management is critical in reducing your risk of developing short- and long-term complications. New research from the CSIRO shows that when it comes to maintaining a healthy weight, it all comes down to the quality of your habits says Nicole Pritchard, CSIRO Total Wellbeing Dietitian.

Successful dieters were far less likely to use eating as a way of coping with negative emotions, were more aware of their habits, and were more likely to notice when their eating behaviours were getting off track. Conversely, those in the earlier stages of weight loss had stronger eating habits, making them harder to break.

The analysis also found that mood significantly influences eating behaviours, with three-quarters eating more when bored and over half eating more when feeling depressed.

Positive emotions had the opposite effect, with nearly half of participants eating less when feeling happy. Females were more prone to emotional eating than males, with 24 per cent eating to lift their mood compared to 16 per cent of males.

Almost all participants indicated they were tempted by foods that can be a challenge for weight management if consumed too frequently or in large amounts, while over a third agreed or strongly agreed that eating tempting foods was something they did automatically.

CSIRO's research found that chocolate was the most-turned-to food, followed by cheese then bread rolls. Men were most likely to indulge in beer and processed meats, while women sought comfort in crackers, cakes and muffins.

The data highlights that building healthy habits requires more than just good intentions; it requires support to make small, incremental changes that can be sustained over the longer-term.

Luckily, CSIRO, Australia's national science agency, has recently unveiled its new Healthy Habits Quiz to help Australians shed light on their eating habits and replace those that are holding them back with ones conducive to better health.

The free, online Healthy Habits Quiz is based on psychology and behavioural science. It assesses habit strength, moods and tempting foods, providing tailored, science-backed guidance to make and break habits for a healthier lifestyle.



So, the best way to leave behind those unhealthy habits and make the lifestyle changes you need?

MEAL PLANNING AND PREPARATION

Plan ahead: Create meal plans for the week to ensure balanced and healthy eating. This includes making shopping lists and prepping ingredients in advance.

Cook at home: Use fresh ingredients to prepare meals at home, giving you control over what you consume and helping you make healthier choices.

REGULAR MEALS

Consistent eating times: Eat meals at consistent times throughout the day to maintain steady blood sugar levels and avoid overeating.

Healthy breakfast: Start your day with a nutritious breakfast that is high in fibre and low GI to kickstart your metabolism and keep you full longer.

PORTION CONTROL

Manage portions: Be mindful of portion sizes to avoid overeating. Use strategies like measuring food or using smaller plates to help control portions.

Avoid overeating: Listen to your body and stop eating when you are satisfied, and always eat without the distraction of the TV or your phone.

HEALTHY SNACKING

Choose nutritious snacks: Opt for healthy snacks such as fruits, vegetables, and nuts, and ensure you always have healthy option on hand.

Limit snacking: Control the frequency and portion size of snacks to maintain a balanced diet.

MINDFUL EATING

Intuitive eating: Eat based on feelings of hunger and fullness rather than just finishing your plate.

Avoid junk food: Make a conscious effort to limit or eliminate the consumption of highly processed, unhealthy foods.



KNOW YOURSELF

Take the **Healthy Habits Quiz** (www.totalwellbeingdiet.com/au/resources/quizzes/healthy-habits-quiz/) to receive personalised insights and strategies tailored to your unique habits and goals.



MOVE TO BEAT *the* HEAT

Being cautious about combining exercise with soaring summer temperatures is wise, but that doesn't mean putting your workout gear into cold storage for the season. Here's how to stay active safely when it's hot outside.

Heat and summer have always gone hand in hand in Australia, but with the Bureau of Meteorology forecasting one of the hottest summer seasons on record across the country, you're not imagining it if temperatures feel particularly toasty right now.

And if that's left you wondering how to keep exercising safely throughout January and February – good thinking. The fact is, being physically active when the temperature is climbing can increase the risk of experiencing a heat-related illness, including heat stroke, which can be life threatening.

This is true for everyone, but the risk may be even higher if you're living with diabetes. One explanation for this is that complications of diabetes, including any damage to blood vessels and nerves, can make it more challenging for your body to regulate its temperature. Plus, if you have diabetes, you may get dehydrated more easily. This makes it important to drink plenty of water before and during any type of physical activity that you do, but the good news is, simply tweaking rather than stopping your exercise routine can help you stay safe and active at the same time.

An illustration of a person with dark hair and a red headband, wearing a teal shirt, drinking from a white water bottle. The person is sweating, with white droplets on their face and arms. A large, bright orange sun with rays is in the upper left corner. The background is a blurred outdoor scene with green grass and a blue sky. The text 'HOW HOT IS TOO HOT?' is written in large, bold, red capital letters, with a horizontal line to its left.

— HOW HOT IS TOO HOT?

According to Sports Medicine Australia, there's a high risk of experiencing a heat-related illness as a result of exercising outdoors when the ambient air temperature exceeds 30 degrees Celsius with a relative humidity of 50 per cent or higher. However, heat illnesses can also occur at lower temperatures, particularly if you have a health condition, including diabetes, that increases your risk.



one

CHANGE WHEN YOU EXERCISE. If your favourite way to exercise involves some type of outdoor activity, do it earlier or later in the day when it's cooler and stay in the shade as much as possible, which may mean choosing a different location. For example, swapping a walk on the beach for one that follows a nature trail may provide more coverage from the sun.

Also remember that whenever the UV index is 3 or higher, it's important to protect your skin from the sun by wearing a hat, sunglasses and a broad-spectrum, water-resistant sunscreen that's at least SPF50. Apply sunscreen 20 minutes before heading outside to allow the protective barrier to form, reapply every two hours and make sure you use a generous amount. You need at least one teaspoon of sunscreen per limb, one for the front of your body, one for the back and another for your face, ears and neck. You can check your location's UV index by downloading and using the Cancer Council's free **SunSmart app**

CHANGE WHERE OR HOW YOU EXERCISE.

If you can't change when you exercise or outdoor temperatures remain high all day long, mix up your routine. For example, instead of going for a walk, go for a swim or sign up for a class that's held indoors in an airconditioned gym or studio.

If you like playing sport to stay active – perhaps something like golf, tennis or lawn bowls – see if there's an indoor sports centre near you and try your hand at something new.

You could also try 'mall walking', which involves heading to your local shopping centre first thing in the morning before the shops open and walking the floors. You can even search for established mall walking groups near you – or start one yourself – by visiting **walking.heartfoundation.org.au**.



three



CHANGE WHAT YOU WEAR TO EXERCISE IN.

Switch darker coloured workout gear for lighter coloured, loose-fitting clothes. And choose ones made of natural or moisture-wicking fibres, which allow sweat to evaporate more quickly, to help you stay cool.

HOW TO SPOT A HEAT-RELATED ILLNESS

If you get overheated, it's important to be able to recognise the warning signs so you can take action.

SYMPTOMS OF HEAT EXHAUSTION INCLUDE:

- Thirst and heavy sweating
 - Pale skin
 - Headache
- Nausea and vomiting
- Feeling dizzy or faint
- Feeling weak or irritable
- Muscle cramps

To treat heat exhaustion, move to a cooler area, loosen your clothing and try to cool down using things like ice packs, damp towels and cold water sprays or having a cool shower or bath. Drink plenty of water, too.

If symptoms don't improve, contact your doctor or call Healthdirect, the national virtual public health information service, on 1800 022 222 for advice.

Heat exhaustion can develop into heat stroke if it's not treated quickly.

SYMPTOMS OF HEAT STROKE INCLUDE:

- Confusion and agitation
 - Slurred speech
- Rapid breathing and a quick, strong pulse
- Loss of consciousness
- Profuse sweating or hot, dry skin
- Muscle twitching or seizures
- A very high body temperature

Heat stroke is the most severe type of heat-related illness and can be life-threatening. **Healthdirect recommends calling 000 if someone is experiencing symptoms.**



HAILEY AND HER FAMILY ARE ABLE TO TRAVEL THANKS TO DEXCOM

6-year-old **Hailey Ballingall** was diagnosed with type 1 diabetes on 28 May, 2019, when she was only 7 months old. Her mum Rebekah, and dad Shane, were initially told she had gastro or a virus but they knew that something bigger than that was wrong with their daughter.

By the time Hailey was 7 months old, we were already seeing a few specialists because she was born at 35 weeks. We had an appointment the day before her diagnosis, which indicated she was developing normally. When we put her to bed that night, she went to sleep as normal, but by about 2am, she woke up screaming. We had no idea what was wrong. We gave her formula and she would drain the bottle then demand another one. At the same time, she was drenching through nappies. She went back to sleep but her breathing was quite slow. We couldn't wake her but she was still screaming. We called Health Direct for advice. They wanted to call an ambulance but we only lived down the road from the hospital so we drove there. In the car, she was dead silent.

In the emergency department,

the first doctor said it was gastro. Another thought it was a virus. Finally, someone asked if a ketone check had been done. That was when the symptoms clicked for me. I told the doctor that my dad has type 1. Ketone levels should really be zero but anything over 0.6 isn't good. Her ketones were 7, and her sugars were 37. She was in diabetic ketoacidosis. We were taken to the children's hospital by ambulance, where the entire endocrine team was in ED waiting for us. She went straight to ICU. They gave her some formula while managing her sugars with an insulin drip. She was one of the youngest type 1 patients they'd seen.

A new way of life

They couldn't use insulin pens because of her age, so she was started on a pump in the ICU. The Dexcom G5 (continuous glucose monitor) was also installed. I had a

crash course on how to put it in, and then she was moved onto the ward for two weeks. I had a health complication halfway through and ended up in the adult's hospital for a week! Hailey's dad, Shane, had to learn everything I had already learnt.

Shane gave me his iPad with the Dexcom Follow app on it while I was in hospital so I could see what was going on. It helped me to be able to see those numbers when I couldn't be with her.

When Hailey came home from hospital, we had to learn to manage a 7-month-old with type 1 who was starting solids. We bought packaged baby food - it was easier because the carbs are on the back. We got a set of baby scales, so we could weigh the packet before she ate, then after she ate so we'd know exactly how much she'd had. When she started to crawl, she would sometimes throw the pump off and crawl away



type 1

HAILEY, AGED 6, TYPE 1

my story

“The great thing about technology is that Hailey can eat pretty much whatever she wants.”



EVERYONE IN THE FAMILY TAKES CARE OF HAILEY, ESPECIALLY HER BIG BROTHER, BRENDAN



from it. She understands better now, but sometimes she still pulls the devices off if they start peeling, even if we only put it on the day before!

Her brother Brendan really struggled when she was diagnosed. He was 5 at the time and saw her in ICU with all the cords on her. That's when his anxiety started. He really looks after her, he responds to the alerts, he'll come get me or fetch things for her. He adores her.

School days

Hailey is in pre-primary now and the school we go to is excellent. She's their first diabetic student. The children's hospital offers a training program for the teachers - there are three levels and every teacher at the school must complete the first two levels online. The third level is completed by the teachers who have more direct contact with Hailey. Someone from the hospital comes out to the school for a 3-hour, hands-on session. They demonstrate the

pump, the Dexcom G6, and show them how to use the app.

We also bought a book that explains diabetes to children, for the teacher to read to the class. It helps the children understand why Hailey might sometimes be pulled aside, or why she might be sitting down when the rest are not.

When I have to go in to change a needle that's fallen out, there's more concern for Hailey than anything else. Though the teacher did tell me that when Hailey has her finger pricked, the other kids will put their fingers out because they think if they get a 'good' number, they'll get Skittles! They are our go-to to treat a low. The teachers explain that for Hailey, Skittles are like medicine.

Last year on World Diabetes Day (14 November), we made and handed out pamphlets to every kid in the school, about Hailey's journey and diabetes in general. We attached a blue balloon but we'll do something different this year.

Freedom to be a kid

If Hailey didn't have her pump and Dexcom, I don't know what we'd do. I can sleep at night because I know my phone will alert me if she goes low. We normally have at least one low a night. She has a closed loop system with the Dexcom G6, so if she goes high, we trust that it will sort her out, unless her levels really skyrocket. But with a low, you always have to treat it, so we'll get up and give her some juice.

Another great thing about the technology is that Hailey can eat pretty much whatever she wants. If she wants a doughnut, she can have one because I can dose her for it. She can have these treats like all kids do.

That first day in the hospital, we were told Hailey would have only had another 24 hours to live without treatment. If we hadn't taken her in when we did, we wouldn't have her today. So if she needs something, we make sure she gets it. Shane and I will never stop fighting for her.

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that K=2, N=4, and B=7. You can record each letter as you work it out in the letter checker at the bottom of the grid.

24	14	21	10	1	17		3	15	5	9	18	10	4		11	1	17	23	8	13
	4		11		10		15		15		22		18		10		14		25	
2	15	23	26		23	14	4	2	8		23	15	9	26	23		7	18	14	12
	12		17		1		8		7		17		21		23		7		9	
11	14	24	18	17	4		10	25	18	17	14	23	18		14	21	15	9	26	23
		18			5	14	12		21				11	10	9				18	
14	8	23	26	12	14		18	12	15	4	18	4	23		18	22	11	15	23	18
	6		10						18		12						10		23	
20	1	9	9	21	18		7	1	19	19	14	21	10		7	10	7	7	15	4
	18				9	10	10				11		19	18	18			14		
12	18	17	15	4	10		5	18	7	17	15	18	19		21	14	3	13	18	17
	16		12		15		2		14		14		18		21		14		21	
21	15	12	7		8	26	15	25	8		23	14	4	9	10		21	15	19	23
	4		1		23		4		15		18		5		3		23		15	
10	9	17	18	8	8		8	15	4	1	8	18	8		8	15	16	15	4	9

1	2	3	4	5	6	7	8	9	10	11	12	13
	K		N			B						
14	15	16	17	18	19	20	21	22	23	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

- 1** Native of Barcelona (8)
6 Charge of guilt (10)
13 *The Addam's Family* butler (5)
14 Disequilibrium (9)
15 Foe, competitor (5)
16 Senate room (7)
18 Female singing voice (9)
19 *It Takes ---*, Marvin Gaye and Kim Weston song (3)
20 Spicy chip sauce (5)
22 Ledge (5)
24 Naughty elf (3)
26 Impoverished, poor (5)
28 Fairness (6)
29 Queen ---, title given to Aretha Franklin (2,4)
31 Genus (7)
32 Corridor (10)
34 Comprehend (10)
37 Bestowed (7)
38 Put to an end, stop (6)
39 Concur (6)
41 Smash, collision (5)
42 Be victorious (3)

- 43** Arab country (5)
45 Spirit, character (5)
46 Chop off, prune (3)
48 Elizabeth Montgomery TV sitcom (9)
51 Eyelash makeup (7)
53 Bed quilt (5)
54 Physicist or biologist, eg (9)
55 Slope (5)
56 Agitatedly (10)
57 Pretentious (8)

DOWN

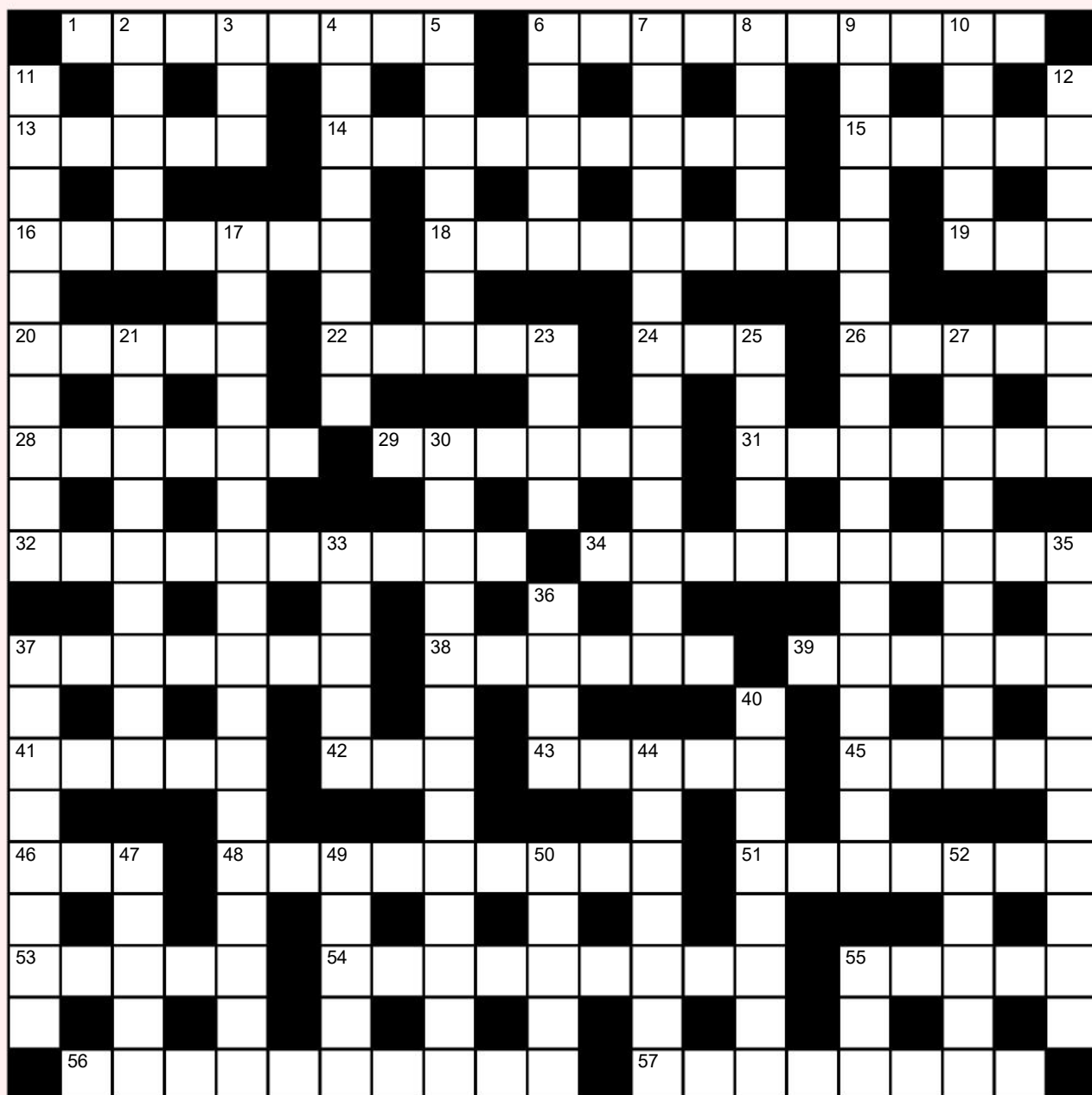
- 2** Italian city (5)
3 Utmost degree (3)
4 Beekeeper (8)
5 Disaster, fiasco (7)
6 Tim ---, *Home Improvement* actor (5)
7 Archipelago off the coast of north-west Africa (6,7)
8 Conch (5)
9 Female group who had hit song *I'm So Excited* (3,7,7)
10 Out in the open (5)

- 11** Family outcast (5,5)
12 Thesaurus listings (8)
17 Disney film starring Emma Watson and Dan Stevens (6,3,3,5)
21 New Orleans' state (9)
23 --- *Russia with Love*, James Bond film (4)
25 Body of deputised hunters (5)
27 --- Taylor, star of *Cleopatra* (9)
30 --- Monster, fictional character in Mary Shelley novel (12'1)
33 Bequeath (5)
35 Hateable (10)
36 Do as you're told (4)
37 Award, honour (8)
40 Cartoon artist (8)
44 Rich lemon-flavoured cake (7)
47 Verify (5)
49 Rubbish, dross (5)
50 Bee product (5)
52 Musical chipmunk of film and TV (5)
55 Spy's listening device (3)

			3	5		6	7	8
5	9				6	2		
							9	
			4		1	5	8	
1		5				3		4
	4	9	5		3			
	2							
		4	1				2	6
8	7	6		3	2			

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



Turn upside down for puzzle solutions

8	7	6	9	3	2	4	5	1
3	5	4	1	7	8	9	2	6
9	2	1	6	4	5	8	3	7
6	4	9	5	8	3	7	1	2
1	8	5	2	9	7	3	6	4
2	3	7	4	6	1	5	8	9
7	6	3	8	2	4	1	9	5
5	9	8	7	1	6	2	4	3
4	1	2	3	5	9	6	7	8

Sudoku

Across: 1 Spaniard, 6 Accusation, 13 Lurch, 14 Imbalance, 15 Enemy, 16 Chamber, 18 Contralto, 19 Two, 20 Salsa, 22 Shelf, 24 Imp, 26 Needy, 28 Equity, 29 Of Soul, 31 Species, 32 Passageway, 34 Understand, 37 Awarded, 38 Kibosh, 39 Assent, 41 Crash, 42 Win, 43 Yemen, 45 Ethos, 46 Lop, 48 Bewitched, 51 Mascara, 53 Doona, 54 Scientist, 55 Bevel, 56 Restlessly, 57 Arrogant.
Down: 2 Parma, 3 Nth, 4 Apiarist, 5 Debate, 6 Allen, 7 Canary Islands, 8 Shell, 9 The Pointer Sisters, 10 Overt, 11 Black Sheep, 12 Synonyms, 17 Beauty And The Beast, 21 Louisiana, 23 From, 25 Posse, 27 Elizabeth, 30 Frankenstein's, 33 Endow, 35 Detestable, 36 Obey, 37 Accolade, 40 Animator, 44 Madeira, 47 Prove, 49 Waste, 50 Honey, 52 Alvin, 55 Bug.

Crossword

1	U	K	W	N	D	Q	B	S	G	O	C	M	Y
14	A	I	Z	R	E	F	J	L	X	T	V	P	H
2	U	K	W	N	D	Q	B	S	G	O	C	M	Y
14	A	I	Z	R	E	F	J	L	X	T	V	P	H
15	U	K	W	N	D	Q	B	S	G	O	C	M	Y
16	A	I	Z	R	E	F	J	L	X	T	V	P	H
17	U	K	W	N	D	Q	B	S	G	O	C	M	Y
18	A	I	Z	R	E	F	J	L	X	T	V	P	H
19	U	K	W	N	D	Q	B	S	G	O	C	M	Y
20	A	I	Z	R	E	F	J	L	X	T	V	P	H
21	U	K	W	N	D	Q	B	S	G	O	C	M	Y
22	A	I	Z	R	E	F	J	L	X	T	V	P	H
23	U	K	W	N	D	Q	B	S	G	O	C	M	Y
24	A	I	Z	R	E	F	J	L	X	T	V	P	H
25	U	K	W	N	D	Q	B	S	G	O	C	M	Y
26	A	I	Z	R	E	F	J	L	X	T	V	P	H
27	U	K	W	N	D	Q	B	S	G	O	C	M	Y
28	A	I	Z	R	E	F	J	L	X	T	V	P	H
29	U	K	W	N	D	Q	B	S	G	O	C	M	Y
30	A	I	Z	R	E	F	J	L	X	T	V	P	H
31	U	K	W	N	D	Q	B	S	G	O	C	M	Y
32	A	I	Z	R	E	F	J	L	X	T	V	P	H
33	U	K	W	N	D	Q	B	S	G	O	C	M	Y
34	A	I	Z	R	E	F	J	L	X	T	V	P	H
35	U	K	W	N	D	Q	B	S	G	O	C	M	Y
36	A	I	Z	R	E	F	J	L	X	T	V	P	H
37	U	K	W	N	D	Q	B	S	G	O	C	M	Y
38	A	I	Z	R	E	F	J	L	X	T	V	P	H
39	U	K	W	N	D	Q	B	S	G	O	C	M	Y
40	A	I	Z	R	E	F	J	L	X	T	V	P	H
41	U	K	W	N	D	Q	B	S	G	O	C	M	Y
42	A	I	Z	R	E	F	J	L	X	T	V	P	H
43	U	K	W	N	D	Q	B	S	G	O	C	M	Y
44	A	I	Z	R	E	F	J	L	X	T	V	P	H
45	U	K	W	N	D	Q	B	S	G	O	C	M	Y
46	A	I	Z	R	E	F	J	L	X	T	V	P	H
47	U	K	W	N	D	Q	B	S	G	O	C	M	Y
48	A	I	Z	R	E	F	J	L	X	T	V	P	H
49	U	K	W	N	D	Q	B	S	G	O	C	M	Y
50	A	I	Z	R	E	F	J	L	X	T	V	P	H
51	U	K	W	N	D	Q	B	S	G	O	C	M	Y
52	A	I	Z	R	E	F	J	L	X	T	V	P	H
53	U	K	W	N	D	Q	B	S	G	O	C	M	Y
54	A	I	Z	R	E	F	J	L	X	T	V	P	H
55	U	K	W	N	D	Q	B	S	G	O	C	M	Y
56	A	I	Z	R	E	F	J	L	X	T	V	P	H
57	U	K	W	N	D	Q	B	S	G	O	C	M	Y

Code Cracker

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- 73 Watermelon & kiwi iceblocks ●●●

KEY ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

Put your
mind on
silent.

Come on,
switch off.



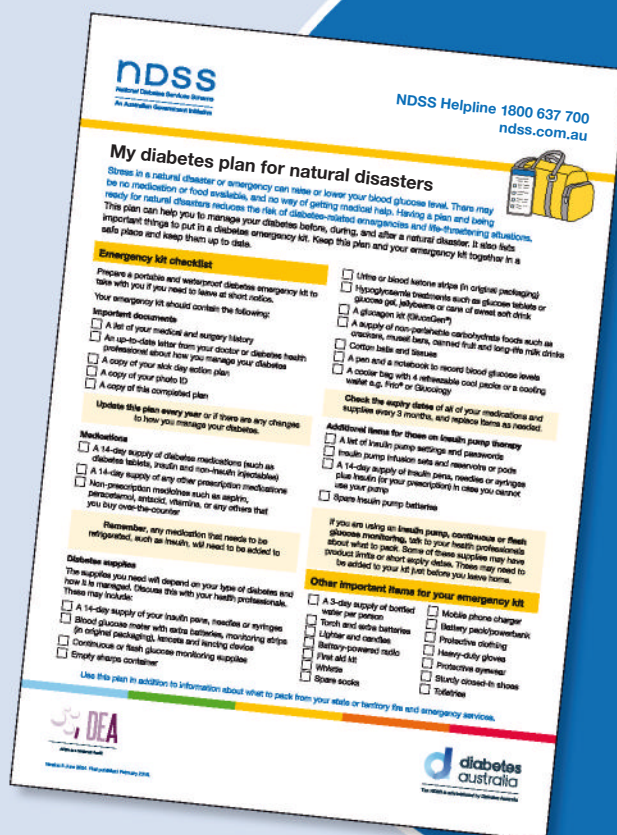
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